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Montreal area under watch following riot

CLASHES A tough, multi-ethnic neighbourhood in Montreal was under tight police surveillance yesterday after erupting in violence over a fatal shooting that has stoked simmering anger toward authorities. Montreal police gunned down an 18-year-old man during a routine operation over the weekend and by Sunday night several blocks in the city's north end were in flames. Hundreds of residents had gathered in the borough of Montreal North on Sunday to protest the death of Freddy Alberto Vilanueva. As the march wound down, a series of cars were torched outside a fire station. Widespread looting began shortly after as rioters hurled Molotov cocktails at any sign of authority.

THE CANADIAN PRESS

Beijing pg 12

Canadian rowing team reach finals

Learning Curve pg 18



Making it through frosh

celeb buzz pg 35

Shia not a ladies' man

ShareYourViews
torontoletters@metronews.ca

Watersports

Beachfront tradition



Participants get their surf up for the 600 metre paddle board race in the Ontario Senior Waterfront Lifesaving Competition at Woodbine Beach yesterday. The event celebrated its 100th anniversary yesterday.

Explosion damage pegged at millions

City hands were tied in propane plant case: Miller

Northwest Toronto is picking itself up and dusting itself off after Sunday's massive propane explosion turned the area around Keele Street and Wilson Avenue into a wasteland.

There's a lot of dusting to do. It won't be cheap. The price tag on property damage and compensation for lost business is likely to be tens of millions of dollars. Some residents and store owners say they don't have insurance.

John Santoro owns a rental property near the blast site. After a dozen people promised their support, he said he'll talk to a lawyer today about a possible class-action suit against Sunrise

"I think the time of day saved us. No one was out of their houses, no one was sitting on their front lawns. The numbers of casualties we could have had would be tremendous."

Acting Fire Chief Jim Shelton

Propane and the city.

Mayor David Miller said Toronto couldn't stop the Sunrise plant from being built in a residential area. Miller vowed to try to root out other potentially lethal combinations of industry and housing. But he said once Ontario's Technical Standards and Safety Authority had approved Sunrise's application, the city's hands were tied.

The blast at the propane distribution plant drove some 12,000 people from their homes. Firefighter Bob Leek died during the day-long battle to control the blaze. A Sunrise employee, Parmindar Saini, is missing and feared dead.

"I think time of day saved us," said acting Fire Chief Jim Shelton. "No one was out of their houses, no one

was sitting on their front lawns. The numbers of casualties we could have had would be tremendous."

The list of people hurt grew to more than 60 but reportedly none of the injuries was serious. The same could not be said of property.

Six buildings were declared structurally unsound and will be assessed by engineers. About 100 homes remained off-limits because of fears about asbestos.

TORSTAR NEWS SERVICE
MORE COVERAGE, PG. 3

OnlineVideo
metronews.ca

Sunshine vitamin adds life: Study

Adults with low blood levels of vitamin D face a 26 per cent increased risk of death than those with adequate levels of the sunshine vitamin, say U.S. researchers.

The study, published yesterday in the Archives of Internal Medicine, is the latest to show the health benefits of vitamin D. Earlier research found it can guard against osteoporosis and may offer protection from breast and colon cancer, heart disease and dementia.

This study analyzed health records of more than 13,000 Americans and found those with the lowest vitamin D blood levels had a 26 per cent increased risk of death over eight years than those with the highest levels.

Reinhold Vieth, a nutritional sciences professor at University of Toronto, said this is one more study "to show that higher vitamin D nutrition increases life expectancy." Vieth said adults may want to consider taking a daily vitamin D supplement to boost their levels.

TORSTAR NEWS SERVICE

the D source

• People produce vitamin D when ultraviolet light from sunshine hits their naked skin. The nutrient, important for cell growth and boosting the immune system, is also found in some fish, fortified dairy products and nutritional supplements.



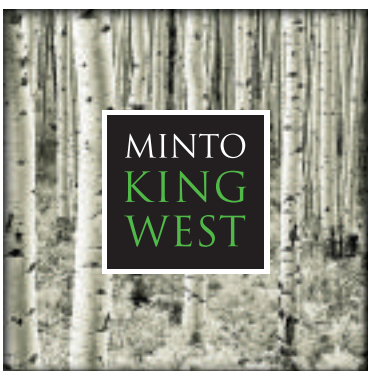
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Home Depot pitches in

The Home Depot located at 90 Billy Bishop Way distributed free plywood yesterday to residents whose homes were affected by Sunday's explosion in the Downsview area. The pick-up drive continues today while supplies last. Proof of residence required. **METRO NEWS SERVICES**

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Local

Feds shut down city charity

A Toronto charity that claimed it received a whopping \$464 million in donations for the city's poor has been shut down by the federal government. The International Charity Association Network (ICAN) embellished the amount of donations it received over a three-year period as well as the amount of good work it did in the community, says the federal charity regulator.

METRO NEWS SERVICES



Citytv

HD 519 ROGERS

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Tomorrow's Metro



Travel

Following the Route des vins through the family-run vineyards of Quebec's Eastern Townships.

metronews.ca

What's online today.

Watch video footage from Sunday's riots in Montreal and a report on the 90th Canadian soldier to be killed in Afghanistan
Read Allan Small's Investment Perspectives, on the benefits of mutual funds in a volatile market
Search for jobs using Metro's Workopolis search
Play online Jumble Jong!

Lotteries

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Ontario Pick 4 9394
Encore 8611723
Daily Keno 4, 7, 9, 15, 16, 17, 27, 30, 35, 36, 37, 38, 40, 45, 48, 56, 60, 62, 63, 70.
These results are not official.

News in brief

Fined Jonathan Black, Conrad Black's eldest son, was fined \$2,000 yesterday for striking a GMC Safari minivan last March in the financial district and driving away. **TORSTAR NEWS SERVICE**

Miller urges legal review

Mayor David Miller has asked city officials to find ways to keep propane facilities at least 1.6 kilometres from residential areas.

But a court decision made more than a decade ago may have stifled attempts by previous municipal councils to control where propane companies set up shop.

Miller told reporters he's asked for a review of the city's legal options following the explosion at Sunrise Propane. "Is it wise to have a propane facility of this kind immediately adjacent to residential properties?" Miller asked. "Obviously, in light of what happened, the answer is no. We've got to do what we can to make sure it's safe."

Miller said he's asked city officials to start by considering whether large propane operations should be kept at least 1.6 kilometres from residential areas.

Sunrise's past

• Sunrise Propane Industrial Gases, the company behind the thunderous blast that rocked Toronto Sunday, doesn't have much to say about its history, operations or the explosion, but some legal documents do tell one thing — there have been many Sunrises. Court documents and a corporation profile registered with the government of Ontario say Sunrise Propane has operated under a variety of company names since at least 1999.

"That's why people were asked to evacuate their houses within 1.6 kilometres," he told a city hall news conference.

"It's a reasonable thing to work from that kind of distancing." That's what I've asked city staff to review. **TORSTAR NEWS SERVICE**



An aerial view of the propane company's facility in North York damaged by an explosion Sunday.

Crime

Tippet family unwilling to post bail

ACCUSED Stanley Tippet's five-year-old daughter burst into tears the moment her father stepped into the prisoner's box yesterday morning.

"Daddy, daddy," she wailed from the front row of provincial court in Peterborough, where she sat with the entire Tippet clan for her father's bail hearing.

Tippet, 32, is accused of kidnapping and sexually assaulting a 12-year-old girl last week.

The bail hearing was postponed until Thursday when Tippet could also be charged with dangerous operation of a motor vehicle, evading police, breach of probation and breach of recognizance, the Crown attorney told court yesterday.

The family vowed to attend Thursday's hearing, and said none of them would post bail for Tippet.

METRO NEWS SERVICES

Sports events drive transport planning

InTransit



If you want an example of how massive sporting events can translate into new subway and rail lines, then Beijing is the place to look. For years China's capital survived with two subway routes — but spurred on by rapid population growth, worsening traffic congestion and selection as the

2008 Olympic Games host, the city now has eight lines. Three of these opened just weeks ago, including a new train to the airport.

After decades of using paper tickets, the entire system switched to electronic fare cards on June 8. Last Thursday, an 82-kilometre suburban railway line opened, linking the city with the Great Wall.

The dizzying pace of transit construction will not slacken after the Games. The commuter train network is due for major upgrades and five — yes five — more subway lines are set to open by 2015, plus a few light rail

Us vs. them

PARIS

- Began operation: 1969
- System length: 200 km
- Number of lines: 8
- Daily ridership: around 3.4 million on rapid transit

TORONTO

- Began operation: 1954
- System length: 68 km
- Number of lines: 4
- Daily ridership: around 850,000 on subway and RT

lines too. Transit will be crucial in the capital of China — 17 million people live in the urban region and more are coming.

Greater Toronto has more than five million residents, and is overdue for its own transit boom. This fall, officials will approve a massive regional transportation plan

to cover the next few decades. While there are major concerns about who will finance needed subway, GO train and light rail lines, the GTA definitely has to catch up.

What's more, the federal government has just endorsed Toronto's intention to host the 2015 Pan Am

Games — which would likely require new transit lines near venues and better train service in Southern Ontario.

Q-tip on the go

Q: How can I find out if the TTC closes or diverts service during an emergency?
Tip: The relaunched TTC.ca site has official subway updates and occasional bus detour notices, but may not be timely. Also check the unofficial site myTTC.ca for news. For the most complete details call the TTC at 416-393-4636.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

The federal government is contemplating a \$35-million recycling program to keep its obsolete and unwanted computers and other gear out of the country's landfills, say newly released documents. **THE CANADIAN PRESS**

Canada



More cheating in Netfile

Canadians who file their income-tax returns electronically are more likely to cheat, a newly released report suggests. An internal analysis by the Canada Revenue Agency found that individuals who sent their tax returns through the Internet — the so-called Netfile option heavily promoted by Ottawa — were more likely to understate the amount of taxes owed.

THE CANADIAN PRESS

Inquiry hears of Tory intervention

COMMITTEE The Conservative party advised former candidates and their agents not to testify at a Commons committee inquiry into questionable election expenses in the so-called "in-and-out" scheme, MPs were told yesterday. And two Tories who were involved in the scheme — which allegedly shifted advertising expenses illegally from the party to individual candidates — ignored summonses ordering them to appear.

THE CANADIAN PRESS

News in brief

CRIMINALS The federal government will outfit a small group of the country's most dangerous offenders with high-tech devices to track them when they're out on parole, Public Safety Minister Stockwell Day said yesterday.

THE CANADIAN PRESS

90th soldier dies

Trooper also wounded in insurgent attack

A burly "mountain of a man" nicknamed the Friendly Giant became the second Canadian combat death in three days when insurgents attacked a remote outpost in the Panjwari district of Kandahar province yesterday.

Master Cpl. Erin Doyle was the 90th Canadian soldier to die since the Afghan mission began in 2002.

Chief Warrant Officer Chris White, who knew Doyle for five years, described the 200 lb man as a "barrel-chested kind of guy, the kind you'd 'like to sit down and have a beer with.'" A second soldier was seriously injured yesterday attack and taken to the multinational hospital at Kandahar Airfield for treatment.



Master Cpl. Erin Doyle

As many as 10 insurgents targeted the small base just before 6 a.m., taskforce commander Brig-Gen. Denis Thompson said.

Canadian soldiers returned fire and called for artillery and air support, he said, adding several of them were killed, others were injured, however, none were detained.

THE CANADIAN PRESS

under scrutiny

• The role of private security firms in Afghanistan is under renewed scrutiny as Canadian military investigators try to determine whether friendly fire by guards-for-hire killed a young Canadian soldier. The Canadian military would not comment yesterday. But Stars and Stripes, an American military newspaper, posted an article and video on its website that showed confusion as coalition forces tried to get answers after the shooting that killed Master Cpl. Josh Roberts.

TORSTAR NEWS SERVICE



www.metronews.ca

Nader asks north to improve south

Americans living in Greater Toronto must use their Canadian experience to raise expectations south of the border, says presidential candidate Ralph Nader.

By telling their friends and relatives about things like universal health care and compassion, they can "help raise expectations in the American people," said Nader, a long-time consumer advocate and four-time U.S. presidential candidate.

"Here in Canada you have medicare, health insurance for all. ... We've got 50 million (people) who do not have health insurance and another 50 million that are grossly underinsured,"

he told reporters in Toronto yesterday at the Design Exchange before his evening campaign event.

Nader, 74, once wrote a book on Canadian achievements called *Canada First*

and has long been a fan of his northern neighbour, but his trip here now is more than tourism. He's trying to connect with the some 700,000 Americans who live in Canada.

Both the Republican candidate John McCain and Democrat candidate Barack Obama are too close to corporate interests and aren't standing up for ordinary Americans, said Nader, who is running as an independent.

TORSTAR NEWS SERVICE



Ralph Nader



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the **Bay**

WWW.THEBAY.COM

A new variety of premium grapes debuted in Japan yesterday, with a single 700-gram bunch fetching \$910 from a local hotel manager. The tomato-coloured Ruby Roman grapes are each slightly smaller than a ping-pong ball.

THE ASSOCIATED PRESS

World

News in brief

SUICIDE ATTACK A suicide bomber rammed his car into a NATO convoy in Kabul yesterday, killing three civilians and wounding at least a dozen, officials said. Clashes and an airstrike in the country's south killed 25 militants and eight civilians held hostage by insurgents.

BOMBINGS Two women were among a squad of assailants accused of killing 12 people when they hurled homemade bombs at government buildings and police this week in a Muslim region of China, officials said. Police were still investigating whether the attackers belonged to an al-Qaeda-linked group that has threatened to disrupt the Olympics. THE ASSOCIATED PRESS

Obama to send VP notice via text message or e-mail

Democratic presidential candidate Barack Obama is close to choosing a running mate, and the first person to find out could be you.

In an e-mail to supporters, Obama's campaign manager says voters can sign up to receive an e-mail or text message "the moment" he makes his decision.

The e-mail asks supporters to pass the message to friends and family, another

way for the campaign to collect information on potential voters and contributors.

Obama has run a technologically savvy campaign, using the Internet to build a network of two million volunteers and raise nearly \$340 million, as of the end of June.

Obama is vacationing in Hawaii with his family until Aug. 15.

He'll return with nine days to go before the Democratic convention, giving him a chance to announce his running mate before the Republican convention begins Sept. 1.

THE ASSOCIATED PRESS



Obama

Ex-PM flees Thailand for exile in Britain

Ousted Thai Prime Minister Thaksin Shinawatra, 59, returned to exile in London yesterday, jumping bail after saying he could not expect a fair trial in his homeland on corruption charges. Thai prosecutors said they were discussing the possibility of asking for Thaksin's extradition, and the country's Supreme Court issued arrest warrants for Thaksin and his wife.

THE ASSOCIATED PRESS

Russia takes towns

Conflict raises energy supply concerns

The fighting between Russia and Georgia threatens to disrupt Europe's energy supply. A pair of key pipelines pass through Georgia carrying crude oil and natural gas to the West.



SOURCES: ESF, BP PLC

THE ASSOCIATED PRESS

AP

Russian forces seized several towns and a military base deep in western Georgia yesterday, opening a second front in the fighting. Georgia's president said his country had been effectively cut in half with the capture of the main east-west highway near Gori.

Fighting also raged yesterday around Tskhinvali, the capital of the separatist province of South Ossetia.

Russian warplanes launched new air raids across Georgia, with at least one sending screaming civilians running for cover.

The reported capture of

the key Georgian city of Gori and the towns of Senaki, Zugdidi and Kurga came despite a top Russian general's claim earlier yesterday that Russia had no plans to enter Georgian territory.

By taking Gori, which sits on Georgia's only east-west highway, Russia can cut off eastern Georgia from the country's western Black Sea coast.

"(Russian forces) came to the central route and cut off connections between western and eastern Georgia," Georgian President Mikhail Saakashvili told a meeting of his country's national security council.

The two-front battlefield was a major escalation in the conflict that blew up late Thursday after a Georgian offensive to regain control of the separatist province of South Ossetia was countered by a stiff Russian military response.

Many Western governments have decried what they have called a disproportionate Russian response to the invasion.

Prime Minister Stephen Harper issued a statement yesterday condemning Russia's incursions into Georgian territory far beyond South Ossetia and called for a ceasefire.

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News in brief

BOMBING An official in Turkey says a roadside bomb has exploded, killing nine soldiers who were on their way back from an operation against Kurdish rebels. Two other soldiers were wounded.

A provincial governor says

there was no immediate claim of responsibility. The blast occurred in an area where Kurdish rebels are fighting Turkish soldiers and often use roadside bombs.

BLACKLIST The United States

said yesterday it would not remove North Korea from a terror blacklist until Kim Jong Il's government agrees to a plan to allow international inspectors to verify an accounting of its nuclear programs.

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Yorkdale Mall
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2187 Queen St. E (The Beach)
2501 Yonge St. (at Castlefield)
155 - 720 King St. W
464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St. W
363 Front St. W (City Place)
5015 Yonge St.
5 - 500 Church St.
3 - 2610 Weston Rd.
1006 St. Clair Ave. W
25 Davenport Rd.

WEST

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Mapleview Mall
Milton Crossroads Centre
Brampton
Bramalea City Centre
Shoppers World
60 Great Lakes Dr.
(inside Home Depot)
2880 Queen St. E
(Hwy. 7 & Airport Rd.)
10 - 80 Pertosa Dr.

Mississauga

Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville

Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

Maple

3 - 10019 Keele St.

Markham

Georgian Mall
Markville Shopping Centre
Pacific Mall
Upper Canada Mall
21 - 95 Royal Crest Crt.

Richmond Hill

Hillcrest Shopping Centre
4 - 11005 Yonge St.
6 - 25 West Beaver Creek Rd.
9301 Bathurst St.

Thornhill

Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan

Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge

A7 - 4220 Steeles Ave. W

EAST

Ajax

RioCan Durham

Oshawa

Harmony Plaza
Oshawa Centre
27 - 1414 King St. E

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Newsstand sales of U.S. magazines fell 6.3 per cent in the first half of 2008, an industry group said yesterday, as rising gas and food costs led consumers to cut back on spending. Of the top 10 sellers, only People magazine and In Style posted gains. **THE ASSOCIATED PRESS**

U.S. magazine sales down

Business

EDITOR: FERMIN DESOZA, FERMIN.DESOZA@METRONEWS.CA

In brief

SURVEY U.S. health care costs are expected to rise more than 10 per cent into next year, according to a survey by Aon Consulting Worldwide.

THE ASSOCIATED PRESS

China's wholesale inflation up 10 per cent

INFLATION China's wholesale inflation in July accelerated to its highest rate in 12 years, adding to the government's headaches as it tries to rein in surging con-

sumer prices, according to data reported yesterday.

Analysts have warned that rising costs for energy and raw materials would push up Chinese whole-

sale prices, squeezing thin profit margins for companies and adding to pressure for retailers to raise consumer prices.

THE ASSOCIATED PRESS

July housing starts drop

Plunge steepest in Ontario

Canadian housing starts plunged dramatically by almost 14 per cent in July compared to a month earlier thanks to a steep drop in building activity in Ontario.

The decline in starts was the biggest since last December, falling to a seasonally adjusted 186,500 from 215,900 in June — and much worse than the 210,000 originally expected by market watchers, according to figures released yesterday by the Canada Mortgage and Housing Corporation.

Ontario home starts were down by a significant 39 per cent in July over June figures, according to the CMHC, due to a drop in multiple unit building ac-

tivity such as apartments and condominiums.

Much of that decrease occurred in Toronto — the largest condominium development site in North America. Housing starts were down by 42 per cent in July compared to June.

Adding to the mounting body of evidence on the slowly unravelling housing market, Statistics Canada said yesterday in a separate report that new house prices also increased at their slowest pace in six years in June.

Nationally, selling prices for new homes increased by 3.5 per cent between June 2007 and June 2008 — a dwindling rate of growth not seen since March 2002.

TORSTAR NEWS SERVICE

JumpTV net loss, revenues climb in second quarter

REPORT Internet-based television provider JumpTV has reported a second-quarter loss of \$11.5 million or 23 cents per share, widened from its year-ago loss of \$6.5 million or 13 cents per share as revenues more than doubled.

The company said its revenue moved up to \$3.6 million US from a year-ago

\$1.2 million.

Subscribers increased 128 per cent to 68,500 at June 30 from 30,000 in the second quarter a year ago.

JumpTV's planned merger with U.S. online TV service NeuLion Inc. will close Oct. 1. JumpTV is focused on soccer, cycling and U.S. college sports.

THE ASSOCIATED PRESS

U.S. banks report tighter lending

BANKING More U.S. banks are tightening lending standards on home mortgages and other consumer and business loans as a deepening credit crisis exerts a heavier toll on the American economy.

The U.S. Federal Reserve said 75 per cent of the banks surveyed in July indicated they had tightened lending. **THE ASSOCIATED PRESS**

Revus shares up after oil find

OIL Shares in Revus Energy ASA rose more than 10 per cent yesterday to \$14.81 US after the Norwegian energy company announced oil was found in one of its North Sea prospects.

Revus said the operator of the Jordbaer prospect, BG Norge, found oil at the field and estimates an oil rate of 7,500 barrels per day. **THE ASSOCIATED PRESS**



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Business in brief

SALE Canwest Global Communications Corp. said yesterday it's selling three underperforming FM radio stations in the United Kingdom for an undisclosed price. The Winnipeg-based company said the sale of

the properties will enable it to improve operating profit by about \$7 million annually. Two will go to private investors and one has been sold to Complete Communications Corp.

THE ASSOCIATED PRESS

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Cuba.....85 ¢	Ecuador.....12.9 ¢	U.A.E.....19.9 ¢	Egypt.....14.9 ¢	Nepal.....7.9 ¢	Nigeria.....5.9 ¢	Libya.....24.9 ¢	
Haiti.....16.9 ¢		Iran.....2.9 ¢	Israel.....2.9 ¢	Sri Lanka.....11.9 ¢	Niger.....13.9 ¢		

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Dawn Coe-Jones of Campbell River, B.C., announced yesterday that this will indeed be her final season on the LPGA Tour, meaning this week's CN Canadian Women's Open in Ottawa will be Coe-Jones' final tournament appearance in Canada. **THE CANADIAN PRESS**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA

D-backs acquire Dunn from Reds

MLB The Arizona Diamondbacks acquired slugging outfielder Adam Dunn from the Cincinnati Reds for a minor-league pitcher and two players to be named later yesterday.

Dunn, 28, was batting .233 this season for the Reds with 32 homers, tied for tops in the majors.

The Diamondbacks sent right-hander Dallas Buck to the Reds in the trade.

THE ASSOCIATED PRESS

Sports in brief

MLB The Tampa Bay Rays placed rookie all-star third baseman Evan Longoria on the 15-day disabled list Monday because of a right wrist fracture.

NHL The Los Angeles Kings have agreed to terms on a three-year entry-level contract with defenceman Drew Doughty, the club's first-round pick in the 2008 entry draft.

METRO NEWS SERVICES

Jays pound Verlander

Toronto's offence takes advantage of struggling Tigers starter

Blue Jays 7 Tigers 2

Justin Verlander struggled yet again and the Toronto Blue Jays roughed him up in a 7-2 win over the Detroit Tigers last night.

Rod Barajas had a homer and three RBIs for the Blue Jays, who snapped a three-game losing streak. Toronto scored just four runs in three games while getting swept by the Indians over the weekend.

The Tigers lost for the eighth time in 11 games to fall two games under .500 for the first time since June 26.

Verlander (8-13) lasted just 4½ innings, giving up six runs and seven hits.

The 2006 AL Rookie of the Year has given 24 earned runs over his last

Stewart released

• The Toronto Blue Jays reinstated outfielder Shannon Stewart from the disabled list and released him outright yesterday. Stewart appeared in 52 games this season for Toronto, hitting .240 with four doubles, two triples, a home run and 14 RBIs.

four starts — the most he's ever allowed in a four-start stretch — losing each of them to equal the worst skid of his career. He also lost four straight earlier this year, but seemed to turn things around by winning seven of nine before slumping again. His ERA rose to 4.77.

Shaun Marcum (7-5) allowed two runs and eight hits over six innings.

THE ASSOCIATED PRESS



Detroit Tigers second baseman Placido Polanco, top, jumps over Toronto Blue Jays' John McDonald to turn a double play during last night's game. The Jays beat the Tigers 7-2.

DANIEL WHITE/SONNET ASSOCIATED PRESS

Argos check with fans about move

CFL The Toronto Argonauts are surveying their season ticket holders to see if they would prefer that the team leave the Rogers Centre to play at BMO Field on the exhibition grounds.

But team president Michael Clemons says the team has "no plan" to move in the foreseeable future and the question is being posed a part of a larger canvassing meant to gauge how Argos fans feel on a number of topics.

"There is no intention to move to BMO Field, there is no intention to change our jerseys from Double Blue to any other colour. There are no pretensions in this survey," said Clemons yesterday.

"The reason you send out this kind of survey is to listen. Not to predict but to listen. And to be honest with what the numbers say."

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SCOREBOARD

MLB	W	L	PCT	GB	N.Y. Yankees at Minnesota	Philadelphia at L.A. Dodgers, 10:10
AMERICAN LEAGUE					Boston at Chicago White Sox	
EAST DIVISION					MILWAUKEE 7 WASHINGTON 1	
Tampa Bay	71	46	.607	—	Pittsburgh 7 N.Y. Mets 5	
Boston	67	51	.568	4½	St. Louis 4 Florida 2	
N.Y. Yankees	63	55	.534	8½	San Francisco at Houston	
TORONTO	60	59	.504	12	Philadelphia at L.A. Dodgers	
Baltimore	56	60	.483	14½	TONIGHT'S GAMES	
CENTRAL DIVISION					AMERICAN LEAGUE	
Chicago Sox	65	51	.560	—	Toronto at Detroit, 7:05	
Minnesota	62	52	.546	½	Texas at Boston, 7:05	
Detroit	58	60	.492	8	Baltimore at Cleveland, 7:05	
Kansas City	54	64	.458	12	N.Y. Yankees at Minnesota, 8:10	
Cleveland	52	64	.448	13	Kansas City at Chicago White Sox, 8:11	
WEST DIVISION					Tampa Bay at Oakland, 10:05	
L.A. Angels	74	43	.632	—	Seattle at L.A. Angels, 10:05	
Texas	61	58	.513	14	NATIONAL LEAGUE	
Oakland	54	63	.462	20	Cincinnati at Pittsburgh, 7:05	
Seattle	45	73	.381	29½	Chicago Cubs at Atlanta, 7:10	
NATIONAL LEAGUE					N.Y. Mets at Washington, 7:10	
EAST DIVISION					St. Louis at Florida, 7:10	
Philadelphia	64	53	.547	—	San Francisco at Houston, 8:05	
N.Y. Mets	62	56	.525	2½	Arizona at Colorado, 9:05	
Florida	62	57	.521	3	Milwaukee at San Diego, 10:05	
Atlanta	55	63	.466	9½		
Washington	44	74	.373	20½		
CENTRAL DIVISION						
Chicago Cubs	71	47	.602	—		
Milwaukee	68	51	.571	3½		
St. Louis	66	55	.545	6½		
Houston	58	59	.496	12½		
Pittsburgh	54	64	.458	17		
Cincinnati	52	67	.437	19½		
WEST DIVISION						
Arizona	60	58	.508	—		
L.A. Dodgers	58	59	.496	1½		
Colorado	53	67	.442	8		
San Francisco	50	66	.431	9		
San Diego	46	72	.390	14		
YESTERDAY'S RESULTS						
AMERICAN LEAGUE						
Toronto 7 Detroit 2						
Baltimore at Cleveland						



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Las Vegas Travel Sep 12-Sep 18/wg	\$159 + \$210 taxes & fees
Fort Lauderdale Travel Aug 30-Sep 6/5g	\$179 + \$189 taxes & fees
London Travel Sep 12-Oct 4/ts	\$239 + \$448 taxes & fees
Dublin Travel Sep 12-Sep 20/ts	\$299 + \$354 taxes & fees
Bangkok Travel Sep 11-Sep 22/jl	\$879 + \$645 taxes & fees

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Cruise Holidays

Western Caribbean \$329
+ \$94 taxes & fees
INCLUDES 5 nights aboard the *Carnival Destiny*. Sails roundtrip from Miami and visits Grand Cayman and Jamaica. Sails Dec 6.

Southern Caribbean \$549
+ \$118 taxes & fees
INCLUDES 7 nights aboard the *Celebrity Victory*. Sails roundtrip from San Juan and visits St. Thomas, Dominica, Barbados, St. Lucia, Antigua and St. Kitts. Sails Nov 23.

Disneyland & Mexico

Cruise & Stay \$649
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Adventure Holidays

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The Canadian men's field hockey team got off to a rough start in Beijing yesterday as they dropped a 6-1 decision to world No. 1 Australia. **THE CANADIAN PRESS**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Nestor, Niemeyer early casualties

TENNIS Canadians Daniel Nestor and Frederic Niemeyer crashed out of the Olympic tennis tournament yesterday after losing 6-4, 3-6, 4-6 to Britain's Andy and Jamie Murray.

In men's singles action, Frank Dancevic of Niagara Falls, Ont., lost his first-round match 4-6, 6-3, 6-2 to Stanislas Wawrinka of Switzerland.

Top seeds cruise on Beijing courts

TENNIS Rafael Nadal made a successful debut in Olympic singles yesterday, overcoming numerous missed chances by sweeping the final four games to beat Potito Starace of Italy 6-2, 3-6, 6-2.

Top-seeded Roger Federer began a bid for his first Olympic medal by beating Dmitry Tursunov 6-4, 6-2.

Venus and Serena Williams also advanced to the second round, as did No. 3 Novak Djokovic.

Downpour clears up Beijing's air

POLLUTION The heavy downpour that washed out Olympic events in tennis, archery and rowing on Sunday also cleared up much of Beijing's dirty air.

Yesterday, the city's air pollution levels dropped by more than half, registering a level of 38 — falling within the World Health Organization's guidelines for healthy air.

METRO NEWS SERVICES

Canadian rowers cruise

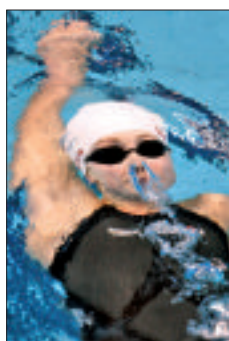
Heavily favoured men's eight dominate foes en route to berth in final

It was a bizarre day for the Canadian men's eight rowing crew at the Beijing Olympics.

The men's eight overcame an equipment malfunction and a near-collision with another boat to qualify for Sunday's final. The Canadians cruised to victory in their heat, crossing the line in five minutes 27.69 seconds — several boat lengths ahead of the runners-up from Poland.

The men's eight was just happy to be on the water after Sunday's scheduled heat was postponed by heavy rain and lightning. When they did finally line up at the start line yesterday, their bow ball — a protective rubber piece that covers the sharp stem of the boat — was chopped off by the starting gate.

The strangeness didn't end there.



Julia Wilkinson of Stratford, Ont., set a new Canadian record in the women's 100-metre backstroke yesterday at the Beijing Games.

About 750 metres into the race, Australia's ruder jammed and the crew rowed into Canada's lane. Luckily for the Canadians, they were far enough ahead to avoid the Australian boat.



Canada's men's eight team powered past its opponents yesterday at the Beijing Olympics. The team, from left, is Brian Price of Belleville, Ont., Kyle Hamilton of Richmond, B.C., Adam Kreek of London, Ont., Dominic Seilerle of Victoria, B.C., Malcolm Howard of Victoria, B.C., Jake Wetzel of Saskatoon, Andrew Byrnes of Toronto, Ben Rutledge of Cranbrook, B.C. and Kevin Light of Sidney, B.C.

Notable Canadian results

- Julia Wilkinson of Stratford, Ont., swam a Canadian record time of 2:12.56 to finish 13th and move into today's semifinals of the 200-metre individual medley. Erica Morningstar of Calgary swam 2:14.11 but failed to finish in the top 16.
- Stephanie Horner of Beaconsfield, Que., swam a Canadian record of 1:58.35 but didn't advance to the semifinals of the 200 freestyle. Genevieve Saumur was timed in 2:00.19.
- Adam Sioui of Trenton, Ont., swam a Canadian record 1:57.45 but didn't qualify for the 200-metre butterfly semifinals.
- Anna Rice of North Vancouver, B.C., fell 21-7, 21-12 to third-seeded Lu Lan of China in the round of 16 in women's badminton.
- Nicholas Tritton of Perth, Ont., lost his preliminary 73-kilogram judo match to Joao Pina of Portugal.

"We started to pull away, next thing we know, Australia's in our lane," said Saskatoon's Jake Wetzel, a silver medallist in the men's four in Athens. "In 10 years of rowing, I've never seen anything like that. It's just bizarre. All of sudden we saw them coming over and they just about hit the back of our boat."

"I tell you, this has been a bizarre Olympics."

The women's eight had a tougher go of it, finish-

ing third in their heat. The crew must row in the repechage tomorrow to advance to the final.

In the swimming pool, the Canadian 4x100-metre relay crew of Brent Hayden of Mission, B.C., Joel Greenshields of Airdrie, Alta., Colin Russell of Oshtemo, Ont., and Rick Say of Victoria were sixth in three minutes 12.26 seconds, a Canadian record.

That was also under the old world record of 3:12.46 that stood coming into the

Olympics. The U.S. team, led by superstar Michael Phelps, broke the world mark for the second time in 12 hours en route to gold.

Hayden's first 100 metres of the race was also a Canadian record in 47.56 seconds.

"Brent's lead off time really charged us up for swimming fast," said Say. "This is a huge step for us and being under world record pace has proved that we belong here."

THE CANADIAN PRESS

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Niacinamide (<i>Vitamin B3</i>)	10.25 mg
Pyridoxine HCl (<i>Vitamin B6</i>)	2.00 mg
Riboflavin (<i>Vitamin B2</i>)	1.58 mg
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Germany was in first place and Australia close behind in second yesterday after two of the three phases of equestrian eventing at the Beijing Games. The Canadian team of Kyle Carter, Sandra Donnelly, Selena O'Hanlon Mike Winter and Samantha Taylor sits ninth. **THE ASSOCIATED PRESS**

Equestrian

Beijing Games

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	China	9	3	2	14
#2	U.S.	3	4	5	12
#3	S.Korea	4	4	0	8
#4	Italy	3	3	2	8
#5	Russia	0	4	2	6
#6	Australia	2	0	3	5
#7	France	0	3	2	5
#8	Japan	2	0	2	4
#9	N.Korea	0	1	3	4
#10	Britain	2	0	1	3
#11	Holland	1	1	1	3
#12	Czech Rep.	2	0	0	2
	Canada	0	0	0	0

(Count at the end of Day 3)

Sports in brief

DOPING In the first official doping case of the Beijing Olympics, Spanish cyclist Maria Isabel Moreno was kicked out of the Games yesterday after testing positive for EPO. Moreno, who had been due to compete in the women's road race and individual time trial, was tested in the athletes' village on July 31 and left China later the same day before learning the result, the International Olympic Committee said. **THE ASSOCIATED PRESS**

SHOOTING Abhinav Bindra won gold in the 10-metre air rifle event yesterday at the Beijing Games, ending decades of Olympic misery for India and earning the shooter cash and a lifetime railway pass. India's last Olympic gold was a team medal at the 1980 Moscow Games in men's field hockey. Zhu Qinan of China won silver behind Bindra, while Henri Hakkinen of Finland took bronze. **THE ASSOCIATED PRESS**

Canada's early woes make prof prophetic

Plenty of strong competitors still to perform

YorkReport

Marty York

marty.york@metronews.ca



Assembled in Beijing is a bevy of determined and dazzling Olympians — male and female, young and not-even-all-that-young — and yet, as I watch these special athletes perform, I find myself thinking mostly about, um, a professor.

Damn that **Daniel K.N. Johnson**. Can't get him out of my mind.

I'd like to tell you the K and the N in Johnson's name stand for Knows Nothing, but I can't. That'd be irresponsible. The man's record actually speaks for itself. He's the dude I brought to your attention last week, the prof who devised a formula that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

And he emerged with a pre-Beijing prediction of no gold medals for Canada.

Seriously, how nice would it be to imagine this man sitting in some corner at his college campus, wearing a dunce cap as his countrymen flourish in China?

Problem is, the bling thing isn't exactly happening exclusively for Canadians, is it?

Heck, even Edmonton's **Susan Nattrass** — who has forever seemed to give Canada hope in trap shooting — failed to

qualify for her final. She sure seemed to be sitting pretty initially but then missed a mind-boggling 25 shots in the third round. And, as Susan was misfiring, I thought I heard Professor Johnson cackling.

Damn him.

"I was in front of targets," Nattrass lamented. "I was behind targets. Over targets. Under targets. It was a mess. I need to go cry somewhere."

And, at 57, Susan likely is done as an Olympian. Not that she should cry or feel any shame whatsoever. She first competed at the Montreal

Olympics, with men, in 1976. Chaps she competed against then are grandpas with pot bellies now. I say Nattrass is a legend, even without a medal.

And ditto for **Jujie Luan**, the 50-year-old fencing icon who won gold for China back in 1984 but couldn't get past her second opponent in Beijing as a Canadian Olympian.

Yes, Canadians have been falling early — including **Anna Rice** in badminton and **Frank Dancevic** in tennis. But I say authentic gold possibilities still loom. Maybe kayaker **Adam van Koeverden**. Possibly swimmer **Brent Hayden**. Perhaps taekwondo champ **Karine Sergerie**. There's the men's eight rowing team, which demolished opponents in its first heat on Chinese waters. And maybe, just maybe, even runners **Gary Reed** and/or **Tyler Christopher** can garner gold.

And if Reed or Christopher succeed, I'd encourage them to pick up one of those omnipresent cones at the track and bring it back home, where it can be utilized as a dunce cap. For Professor Johnson.

Damn him.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Surviving frosh week Pg 18



Metro's Rick McGinnis offers a primer to the freshman class of 2008 on making it through the messy, humiliating and hung-over first week of post-secondary education. Though he knows that, as is traditional, frosh will entirely ignore such hard-won advice.

Décor Pg 16



Dress up student digs with brightly coloured furnishings

Money Pg 22



Budgeting helps students avoid overspending pitfalls

Education Pg 24



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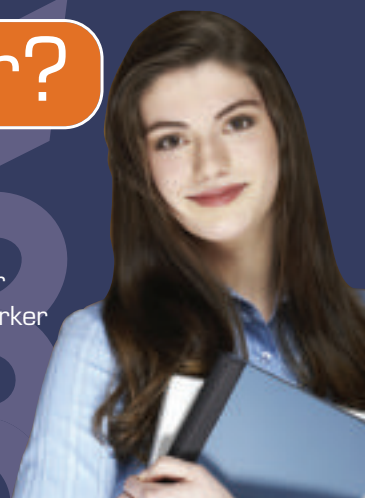
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Test of endurance, humility

Surviving frosh week considered a badge of honour for freshmen

RICK MCGINNIS
rick.mcginnis@metronews.ca

As a prelude to the challenge of earning an undergraduate degree and the implied promise of a lifetime of middle-class privilege or better, the modern university has decreed that their newest intake of students must also test their ability to endure pointless rituals and relentless partying in the company of total strangers.

It's called frosh week, and while you're at liberty to ignore it, be warned that you'll miss out on what's suggestively dubbed a "bonding experience," not to mention access to a shared anthology of racy stories and a souvenir T-shirt whose every stain you'll consider a badge of honour — at least until the smell coming off the thing will wilt a pine tree and you'll toss it in the wash.

Universities cherish their history and their traditions,

so while it's been a quarter-century since I was a college freshman, the trials and temptations of frosh week haven't changed much since then, and in the spirit of age imparting hard-won knowledge to youth, I offer this primer of advice to the freshman class of 2008, knowing full well that it'll be ignored with a blank-eyed nod. This, too, is tradition.

First of all, avoid any activity that involves the words "greasy" or "pole." This warning is all the more urgent when the words occur concurrently. Any activity that pairs a boy and a girl together will likely involve no small amount of sexual humiliation, but avoid it at your peril. Contrary to everything you've been told, gyrating with a hula hoop in tandem with a pretty co-ed who will never look you in the eye again, or racing across a grassy quad with a rubber glove full of cooking oil sandwiched between your pelvises is the



There's every likelihood that there will be drinking going on during frosh week.

closest thing to "action" you're probably going to see.

Depending on your prospective major, it's likely that you will, at some point, be showered with a vivid dye that you will be encouraged to maintain at the cost of full daily hygiene for the duration of the week. Do not balk at this bit of peer pressure — your dignity is at its low-

est-ever market value right now.

Finally, there's every likelihood there will be drinking going on, and should you indulge, please read and try to memorize the brief primer to the right, as it's offered with the full weight of experience and hard-won wisdom behind it.

At the end of the week, should you survive, you'll

have a stumbling familiarity with the campus grounds and have made a whole bunch of new friends, but don't worry — you have until the end of term at the very least to shake them and find a whole new crowd who won't remember your drunken pop-locking or the sleazy orientation leader who you tongue-kissed on the dance floor.

throw up neatly

- Much as you might want to suppress the urge to throw up, don't. You have drunk far too much, and this is your body's way of saying that you're going to die unless the poison is expelled. It's a fact — just ask anyone in pre-med.
- Should you make your way to a suitable receptacle, try not to hang your head down when you hurl. Lift your chin and keep your throat straight and level — it'll be easier on your chest, and improve the likelihood that your new Adidas Superstars will survive until Thanksgiving weekend.
- Pinch your nostrils closed with your thumb and forefinger. Yes, it can come out of your nose, and it'll burn. You're having second thoughts by now, aren't you?
- You might have noticed some pro who brushes his teeth after the dry heaves have subsided. While freshening your breath is a good idea, stomach bile softens tooth enamel, which will eat away under toothpaste abrasives. It's a fact — just ask anyone in dentistry, and hey, you're already learning stuff, aren't you?

— RICK MCGINNIS



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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Healthy snack options

To avoid the "Frosh 15," Weight Watchers recommends some easy-to-prepare and healthier alternatives when dining in a college cafeteria:

- **Mexican Lovers:** Instead of munching on a burrito loaded with all the high calorie fixings, make a bean quesadilla. Top half a large tortilla with beans (lots of protein for energy) and nutritious veggies, such as diced tomatoes, chopped onions and salsa, and a bit of shredded low-fat cheese if it's available.
- **Italian Night:** Pasta Primavera. Enjoy those comforting noodles with lots of vegetables, such as broccoli and mushrooms. Top with tomato sauce.
- **Potato Power:** For a meal loaded with fibre and flavour, top a plain baked potato with mixed raw veggies and salsa.
- **Super Salad:** Combine mixed greens with tons of raw veggies (carrots, peppers, tomatoes, beets, etc.), torn turkey-breast slices or cubed tofu, beans (make sure they're not swimming in oil) and a splash of a reduced-calorie dressing. Top with a teaspoon or two of sunflower seeds for a bit of crunch and toss.

• **Snacks on the Go:** Grab an apple, pear, orange — whatever is available at the cafeteria — for dessert and for snacks later in the day. Load up on raw vegetable sticks from the salad bar for snacks, too. (Keep some small zip-close plastic bags in your knapsack.)

— LEYLA EMORY

'Frosh 15' avoidable

Cut down on snacking while studying, experts say

LEYLA EMORY
for Metro Canada

Frosh and 15 go together like rum and Coke. With a new crop of bright-eyed students poised to enter the halls of higher education, there are ways to keep the expansion to the mind and not the waistline.

"People tend to drink more calories," says Dr. Natasha Turner ND, the clinical director and owner of Clear Medicine (clear-medicine.com). "They eat late at night. They mindlessly snack when studying. They get caught up with the rigours of class and stop exercising."

Dr. Alison Duncan of the Department of Human Health and Nutritional Sci-

ences at University of Guelph agrees. The changes aren't in what students eat, but how they eat, and a failure to burn it off, according to a study she and a colleague conducted.

"Anecdotally, we found that people weren't having the breakfast-lunch-dinner pattern. So even though the calories and nutrients weren't changing, when they ate, combined with the lack of activity, may have contributed to weight gain. For instance, a lot more late-night eating and less breakfast consumption."

Not good, warns Turner. "Don't skip meals," she says. "Make sure to have protein at breakfast and try not to eat in the three-hour period before bed."

She also recommends drinking lots of water.



An increase in computer use and study time can contribute to weight gain, as can drinking a lot of calories, experts suggest.

"Most people confuse hunger for thirst."

And always take your vitamins. "A multi-vitamin with fish oil can prevent weight gain and prevent cold and flus."

There's also what you eat. "Avoid temptation," says Jessica Smerling, RD, the corporate program development specialist at Weight Watchers. She recommends filling the mini fridge with healthy snacks "like pre-cut carrot sticks, fresh fruit and low-fat yogurt."

In regards to the cornucopia that is the dining hall, Smerling offers this advice: "Fill half the plate with salad or vegetables, a quarter with protein (preferably lean) and the remaining

quarter with starch (preferably whole grain)."

And then there's physical activity, or lack of it. Duncan's study showed an increase in computer use and study time. "Students going for a walk in their study groups" is one way to combat the sedentary life of a scholar, says Duncan.

"[Exercise] doesn't have to take a lot of time," says Turner. "You can get away with doing high intensity, shorter, harder workouts three times a week. So even on a tight schedule, you can do things in the dorm room like push-ups, sit-ups, and lunges."

"It takes up less time but you'll get just as effective fitness gains."

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ERIC EMIN WOOD
for Metro Canada

Feeling depressed? Failing class? You're not alone — and every university has facilities to help.

"We try and make sure that students can have someone they can talk to from pretty much 10 in the morning to one in the evening if they're having emotional distress," says Farrah Issa, service co-ordinator with the Peer Help Centre at the University of Ottawa. "On the more emotional side, we have a sound-proof room where students can come and discuss their problems in a supportive environment. We also have a phone line that encompasses the same services that operates in the evening," she says.

Students visit the centre for several reasons, says Issa. "We often get people

coming in because they're lonely and haven't really been finding someone to connect with," she says. Relationship troubles are another big one.

If the Peer Help Centre can't assist a student, staff will refer them to someone who can. For instance, University of Ottawa students who wish to protest a grade or exam result can visit the Student Appeals Centre.

"Basically, when a student feels a decision has been unfairly made, for example they missed an exam day because they were sick and health services refuses to recognize the certificate that they brought because it wasn't from the on-campus clinic, they can appeal that decision," says Issa.

"There's a lot of different clubs on campus. If someone is dealing with issues regarding sexuality for instance, we'll probably say, 'Why don't you visit the Pride centre,'" she says. Other facilities offer essay correction services, or

On the web

- For help at U of T, go to students.utoronto.ca/Academic_Resources or visit students.utoronto.ca/U_of_T_Life under "Health and Wellness."
- For help at York, go to yorku.ca/yorkweb/currentstudents/academic-support or yorku.ca/cdc.
- For Ryerson, go to ryerson.ca/counselling or ryerson.ca/studentservices/learningsuccess.

mentoring centres. "First-year students can talk to someone in third or fourth year about some of the difficulties they've been facing," says Issa.

Students have even visited the centre with drug problems.

"If people have drug problems and are looking to get help for that we have a list of off-campus resources," she says.

"Sometimes it's not something they want to address."

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Organization eases transition

GetSmart

Tracy Rogers

tracy.rogers@senecac.on.ca



It's almost that time of year again — time to go back to school. That means leaving your summer job and preparing for the upcoming academic year. The transition can be easy. All it takes is a little planning.

As you move towards this new and exciting chapter, be sure to build bridges — thank your summer employer and be sure to ask for an employment recommendation letter.

This letter will be a valuable tool in helping you to secure future job opportunities. Of course, you may want to consider letting your manager or supervisor know you might be available for part-time work during the school year.

After months of working and being away from formal studies, adjusting to school life may take some getting used to. Here are a

few things you can do to ease the transition:

- **GET SLEEP:** Many summer jobs require students to work late hours or do shift work. In order to make the first week of classes easier, take advantage of the upcoming weeks to get back into an effective sleeping schedule.

- **GET INFORMED:** Learn about your campus and class schedules. If this is your first year at college or university, book a campus tour to become familiar with your new surroundings. This will help alleviate some of the anxiety that comes before the start of classes. Most schools offer an orientation program just before the start of the first semester that provides vital information about services as well as the opportunity to meet other students, staff and faculty.

- **GET ORGANIZED:** Get your books, schedules, student ID cards, etc., before the semester begins. Many students wait until the first week of classes — which means waiting in long lines — but you can plan ahead and beat the rush. Most campus book-



A little planning goes a long way when it's time to go back to school.

stores have the required book lists for all courses. The bookstore also sells some second-hand books, so planning early may save you some money. Be sure to look for bulletin boards around campus where students post flyers advertising used books for sale.

The start of the school year will be here in no time. Just like Mahatma Gandhi said, "The future depends on what we do in the present." Get ready, be prepared and it will be a smooth transition.

Tracy Rogers is the Career Services Coordinator for Seneca College, Seneca@York Campus.

Back-to-school tips for all students

- Stay organized: Keep a separate notebook or binder for each subject. This will make for easy reference and help to keep notes organized.

- Be tech-savvy: Always use a USB key or Jump Drive to back up your work to avoid losing valuable documents.

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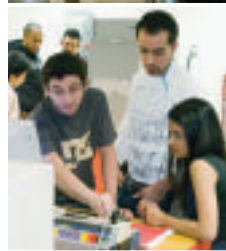
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Tears, frustration part of moving day

RAFAEL BRUSILOV
for Metro Canada

Tears, frustration and crushing traffic — all in a day's work on the busiest moving day of the year.

While the summer is already high moving season across North America, the largest number of moves happen on Aug. 31, for a couple of reasons — a large percentage of leases expire that day and it's generally

one of the last guaranteed free days before the school year starts.

For people planning to move on or near that day, the strategy is simple: Get organized and booked as far in advance as you possibly can, whether you are hiring movers or just renting a truck to do it yourself.

"It's even difficult to find a rental truck. People panic and they start crying on the telephone. Book as far ahead as you can," said Frank Martin, an executive vice-president with Canada-wide moving company Premiere Van Lines.

Once you're booked, getting rid of the clutter is crucial.

"Get rid of things you don't need, because moving companies will either charge you by the hour or, for long-distance moves, by weight," Martin said.

Pack away any loose things into labelled boxes to save time and money and remember to use smaller boxes for heavier things and save the larger boxes for lighter things, to ease carrying.

For fragile or expensive



If you're moving before the school year starts, it pays to get organized and book a moving truck as far in advance as possible.

items, spend the extra dough to let a professional pack them. Most moving companies will not insure owner-packed fragile items, such as artwork, glass or fine china, so it will probably pay off in the long run to have them packed safely and correctly by a professional crew. If you want to save on packing costs, pack the non-

breakable stuff yourself.

"Packing services can be pricey, so you can have the movers pack the fragile items while you pack books and papers and anything non-breakable yourself," Martin said.

Before hiring a moving company, make sure they are licensed and bonded, meaning you can make claims against them if you

Tips of the trade

- Save your moving receipts and records. In some cases, you can claim these expenses on your income tax as long as you move farther than 40 kilometres.
- Keep a toolbox/first-aid kit handy as the first thing you put into, and take off, your moving truck. Keep a similar box handy for bathroom supplies and medication.

are unhappy with the service and the employees have undergone background checks.

"Call for references and look for moving companies affiliated with Canada-wide organizations like the Better Business Bureau or the Canadian Association of Movers. You want to avoid the pool-hall variety of mover," he said.

For students or other people with lower budgets for moves, Martin recommends avoiding the summer months altogether as prices will be highest then. The cheapest time of year to move? January.

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Budget key for frugal students

VERONICA BOODHAN
for Metro Canada

School can be expensive, especially for students juggling their tuitions fees with the cost of books and daily expenses.

"Students have to think about making the most of their money, by minimizing their expenses," said Colette Delaney, senior vice-president of GICs, deposits and payments at CIBC.

To help cut costs, CIBC has begun offering free

every day banking for students under the age of 19.

But to help students with keeping money in their bank accounts, Delaney recommends following a few key steps. First, she recommends setting up financial goals and creating a budget.

But a common mistake students tend to make is overspending, according to Delaney. To resolve this, she recommends keeping separate accounts for daily expenses and savings.

"If you put money in a savings account, you get a

higher return on your savings and it also helps you avoid the temptation of digging into it," she says.

To help save on school-related expenses, Delaney suggests that students should do their financial homework. For example, deals offered through the Student Price Card program can help students save on clothing, food and electronics.

But to help with saving on educational costs, such as textbooks, Elio Di Staula, director of public and campus relations for Fol-



Having financial goals and a budget will save students money, experts advise.

lett Higher Education Group, recommends buying used books. "In the grand scheme of costs of higher education, it's the single best way to save dollars," Di Staula says.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Expectations key to successful relationships

AMANDA TRUSCOTT
for Metro Canada



Starting college or university is a big change, and when life changes, friendships and relationships often change too. That doesn't mean they have to end, says Marilyn Barnicke Bellegem.

Barnicke Bellegem, a registered marriage and family therapist, says it's easier than ever to stay connected, but planning is key.

E-mail, instant messaging and cheap long-distance plans are all great tools, she says. The trick is to get people's contact information before you leave high school, pick and choose the people who really matter, and then plan in advance to get together when you're not in school.

"So, you want to pick a specific time, and say,



If you're planning on having a long-distance relationship, it's important to clarify the rules before you go, experts say.

'Let's meet the Saturday of Thanksgiving weekend,' for example," she says.

When it comes to romantic relationships, she says clarity is key. "I believe that good relationships are based on good deals, and when each person knows what's expected of them, what their side of the deal is, and that they agree to it."

For example, do you re-

fuse to go out in mixed groups? Are you allowed to dance with members of the opposite sex? Whatever your limits are, Barnicke Bellegem suggests setting them before you go.

"Because, a lot of times, people get carried away, and if they don't know what those expectations are, the peer pressure can be pretty heavy."

Josee Lafleche, whose boyfriend went to university in Ohio while she studied in Ottawa, says the first year is the hardest. "That's when you establish all the rules, sort of, and your trust basis.

"You just have to take it a day at a time. That's what we finally told ourselves. Just, no pressure."

Ten years later, they're married and happier than ever, she says.

For both friendships and romances, Barnicke Bellegem says keeping an

emotional connection becomes extra important when distance removes the physical connection.

"When we share with people, and we share with them who we are and how we're feeling and what

we're thinking, not just what we're doing, it tends to make a stronger bond," she says.

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Going back to school can be fun

RAFAEL BRUSILOV
for Metro Canada



Going back to school after spending years in the workforce can feel like a daunting change, but with the right mindset you can make a smooth transition.

Don't fear your classmates; many are probably in the same boat as you.

"The wonderful thing about Continuing Ed. is that the people who surround you are adults, so it's not as intimidating when

you're with people who are in the same situation, facing the same challenges and looking for the same thing," said Judith Plessis, executive director of Continuing Studies at the University of British Columbia.

Don't think of going back to school as a setback — the truth is that almost every job nowadays requires some kind of re-training to keep your career moving forward.

"Continuing Education now is a big part of every profession. Understanding that it's an important part of how you go through your daily work is key," Plessis said.

Most CE schools and faculties offer a wide variety of courses and study options, from night

courses to online learning and even weekend options. Anita Shilton, dean of the G. Raymond Chang School of Continuing Education at Ryerson University, where 84 per cent of its students are employed full-time, says most faculties understand the busy schedules of students and plan course options accordingly.

"Many adults find it challenging to juggle increasingly busy work schedules and family life, so look for courses and programs that allow flexibility such as (learning) online, in evenings and on weekends," Shilton said.

If it's been a long time since you set foot in a classroom, consider taking a refresher course in something you enjoy as a practice run, Plessis suggests.

If it's been a long time since you've been in school, consider taking a refresher course in something you enjoy, such as wine tasting.



Find out how to bring learning to life.

See the back cover of this issue of Metro.

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Eclectic continuing ed

Learn an unexpected skill at Toronto's schools this fall

ERIC EMIN WOOD
for Metro Canada

Torontonians wishing to learn gourmet cooking in their spare time will have a new option this September: George Brown College is launching a series of weekend continuing education classes under its culinary arts banner titled Urban Living.

"What we've put together are essentially 24 week-end workshops," says Joe Baker, the program's manager. "You walk over to the Chefs' House (the school's restaurant), take a course, and at the end you sit down in the formal dining room and one group presents the main course and another presents the dessert and another group presents the wine, or whatever happens to be the sub-

ject, and everybody eats."

The workshops have titles like Couples Cooking Together, Mergers and Acquisitions — An Urban Tale of Wine and Food, the Organic City and the Glycemic Way to a Better Diet. Summer classes taking place during the city's many festivals will focus on themed cooking, including: Caribbean Cookin', which will be held during Caribana; the

On the web

- georgebrown.ca
- utoronto.ca
- ryerson.ca

Good, the Bad and the Chutney to coincide with the Asian Street Festival; and "Stage" Dining, which will go on during the Fringe Festival.

It's not the only program George Brown is introducing, or even the only one within the school of culinary arts.

"There's always stuff being added and subtracted, based on not only demand from students but also demand from the government in terms of filling empty workspaces," says Paul Zanettos, a media relations representative from George Brown.

"One program that I think is interesting is a food and beverage management program. Basically it allows you to get all the skills necessary to run your own restaurant," he says.

The University of Toronto will soon be offering two new minor programs



There are dozens of new courses catering to any (and every) interest at the city's post-secondary schools this fall.

in a joint venture with the National University of Singapore. In the environmental biology course, students take intro courses in Toronto, and if they qualify they go to Singapore and do three months of classroom work followed by three months of field work on an island off Malaysia. With nanoscience, students undertake a faculty-supervised research project, also in Singapore.

"In terms of trends, we're seeing a lot more courses in the environment, how the environment interacts with different fields," says Kim Luke, assistant dean of communications with the faculty of arts and science. She also notes "a growing interest in offering students a truly international experience." For instance, "there's a major in Islamic studies now."

Ryerson University has

also introduced a number of new programs, most of them in engineering.

The school's new biomedical engineering program — the "first of its kind in Canada," says Joann Callender, a media relations representative — will take advantage of Ryerson's proximity to the so-called Toronto Discovery District, a network of government, academic and healthcare institutions that serve the national and international biomedical research community.

Sample design projects include a "wristwatch with sensors and wireless Bluetooth technology that monitors the limb tremors related to Parkinson's disease" and "a wireless blood-pressure monitor that transmits a patient's readings to the doctor's office via text message technology," according to publicity materials.

Hitting the books

A sampling of new programs and courses being offered around the city:

- **Curatorial Studies:** A new stream in U of T Scarborough's Specialist in Art and Culture program. Courses include Museum and Curatorial Practice — Theoretical and Ethical. (U of T)
- **Media and Globalization:** A course which introduces students to the "ways cultural and social theorists have addressed notions of 'globalization' and the media." (U of T)
- **Media and Popular Culture in East Asia:** As the name suggests, "this course intro-

duces students to contemporary media and popular culture in East Asia. Special attention is paid to television and the Internet." (U of T)

- **Psychology and the Scientific Mind:** "This course examines how scientists think and make discoveries, gender differences in scientific thought, and how science is learned and taught." (U of T)
- **Paralegal Certificate:** Learn the legal ins and outs of "immigration, small claims, landlord-tenant issues, highway traffic offences, summary convictions." (George Brown)

- **Mathematics and its Applications:** Designed to "make use of the versatility of mathematics by being interdisciplinary in nature"; specialties include accounting, biology, computer science and economics. (Ryerson)
- **Use of Force Certificate:** Students learn "behavioural profiling, advanced psychology, subject control, tactical communication, mechanical restraints, impact tools and pertinent legislation at an advanced level." As you might expect, there are prerequisites for this one. (George Brown)

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Shuttered up

Academy of Learning, a private career college franchise, has closed its Maple Ridge, B.C. location, which accepted students for a month after it and three other BC campuses were suspended. The campuses' owner said he kept the location going because he's getting accreditation reinstated. **MAPLE RIDGE NEWS**



Workology

U of T warns of potential sex offender

University of Toronto campus police have issued an alert about a man, possibly identifying himself as Steve, who claims to be either a University of Toronto or Ryerson University employee working as a photographer. He asks a woman to pose for photo; asks her to move to a more secluded area; then takes more photos before sexually assaulting her. The suspect is described as a six-foot-tall clean-shaven white male in his 40s, with a thin build and short, curly, dark greying hair. **CAMPUSPOLICE.UTORONTO.CA**

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

League of Rock revives onstage dreams

Participants in Join-A-Band pay for 'authentic' group experience

Small Business

RAFAEL BRUSILOV
for Metro Canada



Rock'n'roll dreams often take a backseat to real life as jobs, families and financial needs force music-lovers to pick stability over the uncertainty of playing in a career band.

Now, the Toronto-based League of Rock wants to help those hobby musicians throw their rock-star dreams back into the driver's seat by letting them be part of a real band that writes songs, plays live gigs and records professionally in a studio.

Individuals join the League by entering a 10-week Join a Band (JAB) session which runs \$1,500 and includes everything: use of equipment, a rehearsal space, coaching, studio time and all the pizza and beer a budding rock



League of Rock founder Terry Moshenberg.

god would ever need. By the fifth week most bands head onstage to perform live at a real venue in the city. At the end of the program each band heads into the studio to record a three-song demo and performs at a final gig with all the bands in the League.

Sessions are held four times each year on a

roughly seasonal basis.

The League's founder, Terry Moshenberg, says since opening a year ago the program has served 250 individual members and about 500 more in corporate team building events from companies such as Research in Motion, Rogers and Unilever Canada.

"The biggest challenge was doing it right — the way I see it, you only have one kick at the can."

Terry Moshenberg

Despite the large number of participants, Moshenberg is able to run the league efficiently with only five full-time staff and some extra part-time help during live shows.

Moshenberg says getting the League plugged in took more than a year of full-time planning and negotiating. "The biggest challenge was doing it right — the way I see it, you only have one kick at the can," he said.

While a few 20-somethings proudly count themselves among the League's ranks, most members tend to be older. With an average member's age

hovering around 45 there are certainly no illusions about participants starting a stadium-busting career in rock, but the League is no joke either.

On the contrary, the emphasis is on making real music, playing in a real band and sounding really good. The League offers professional mentors for every instrument, counting stars like drummer Jim McCarty of the Yardbirds, Rod Stewart guitarist Robin Le Mesurier and lead singer Dan Clancy, a four-time Juno Award winner with his band Lighthouse. Moshenberg suggests the authenticity of the pro-

gram is what keeps members coming back.

"Everything is real, really authentic and very honest. It's not karaoke," Moshenberg said.

For software analyst Adrian Berkovits, 40, the League has been a great way to find people with similar musical interests to play with while letting him tap into his passion for music.

"It's very hard in my age group to find somebody to play with. Without the League I'm really confined to my basement playing at home. There's no other place you could meet someone new and, in a week, you're playing in a bar," Berkovits said.

For now the League is centred in Toronto but Moshenberg says with the success of the program, he expects to start creating chapters in Calgary, Vancouver, Edmonton and Winnipeg within the next 16 months.

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Research shows that eating a healthy diet of antioxidant-rich foods can protect against breast cancer. Be sure to regularly include organic apples, blueberries, citrus fruits, cranberries, and garlic in your diet. **ALIVE MAGAZINE**

Health



Foreign-born kids less active

Immigrant children of all backgrounds get even less vigorous exercise than their U.S.-born counterparts, the largest study of its kind suggests. Plenty of earlier evidence shows that American children are pretty inactive. The new study of nearly 70,000 children found even lower levels of activity among immigrants. Almost 18 per cent of foreign-born children with immigrant parents got no vigorous exercise on any days of the week.

THE ASSOCIATED PRESS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Here's the BBQ grill drill

CELIA MILNE
for Metro Canada



Nothing's better than a summer barbecue with friends and family. So here's a barbecue health reminder: Don't let raw chicken, pork or beef — or the juices from those meats — touch other foods and take the sizzle out of your fun.

The danger is that Salmonella, a type of bacteria found in raw meats, can spread to foods we are about to eat.

"One of the ways that infection occurs is through cross-contamination of raw and cooked foods. This can be a common occurrence during barbecuing," says Dr. Amit Bhavsar, an expert on Salmonella at the Canadian



Salmonella can occur by placing cooked meat on the same plate that held raw meat.

Institutes of Health Research, based at the University of British Columbia in Vancouver.

A typical no-no? Slicing strawberries on a wooden cutting board that was used

for raw chicken and not cleaned properly.

Or placing cooked meat on the same plate that held the raw meat. Think of utensils as possible germ carriers as well. "I would even sus-

pect that using a pair of tongs to place raw chicken on the barbecue and removing the cooked meat without washing them could lead to cross-contamination," suggests Bhavsar.

Salmonella facts

- According to Health Canada, approximately 6,000 to 12,000 cases of Salmonella are reported in Canada each year. Because many milder cases are not diagnosed or reported, or are believed to be the "stomach flu," the actual number of infections is estimated to be many times more. **METRO NEWS SERVICE**

Salmonella poisoning can put a very quick end to an otherwise fun barbecue party. Signs of Salmonella-related gastroenteritis are diarrhea, abdominal pain, fever, nausea and muscle pain. Usually resting and drinking lots of fluids is all that is needed to recover.



Fantastic flax

NUTRITION Flax has been around since the beginning of civilization. Today, this fascinating crop grows primarily in the cool Canadian prairies and is increasingly being called as superfood. Traditionally, flax fibre was used in the production of textiles, but it didn't take long for the healing properties of flax to be revealed as a remedy for blood cholesterol control, hormone balancing, superior digestion, cancer protection, and beautiful skin, hair and nails. **ALIVE MAGAZINE**



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France contemplates fat tax

The French government is considering a tax on extra fatty, sugary or salty foods. It's not clear yet whether the tax — meant to battle a growing obesity problem among French youth — will apply to traditional French foods as well, or just modern-day junk. **THE ASSOCIATED PRESS**

lifestyle **27**

Henna can harm skin

Dermatologists warn of chemical found in tattoo dye

CELIA MILNE
for Metro Canada



Are you tempted to get a temporary tattoo? Thinking a deep, dark henna tattoo is a healthy option?

Well, think again, say U.S. dermatologists. They warn that the widely available, harmless-looking henna tattoos may actually contain a harmful chemical that can cause major skin problems. Henna tattoos are very popular and are available at summer fairs, outdoor malls and vacation hot spots.

Black henna tattoos are the ones to watch out for. A chemical called para-phenylenediamine, or PPD, is used by some tattoo artists to make them longer-lasting. It is an ingredient in black hair dye. PPD reactions — even in children — are being seen more often by dermatologists. The subject was discussed at the American Academy of Dermatology's Summer 2008 Academy Meeting in Chicago.

So far, there have been hundreds of reports of allergic skin reactions to black henna tattoos. Problems range from mild eczema to more serious blistering and even permanent scarring.

The U.S. Food and Drug Administration (FDA) pro-



Henna tattoos are popular at summer fairs, but some dermatologists are wary of them due to a chemical called para-phenylenediamine, or PPD, which can cause allergic skin reactions.

hibits the use of PPD on skin because of its known health risks. But the tattoo industry is not regulated and therefore black henna tattoos using PPD are still widely available. The academy hopes to increase public awareness of the risks.

"Perhaps the most alarming issue we are seeing with black henna tattoos is the increase in the number of children — even children as young as four — who are getting them and experiencing skin reactions," said

"The most alarming issue we are seeing with black henna tattoos is the increase in the number of children ... who are getting them and experiencing skin reactions."

Dr. Sharon Jacob, University of California

Dr. Sharon Jacob, assistant clinical professor of pediatrics and medicine (dermatology) at the University of California, San Diego, in a statement.

Temporary henna tattoos that use only vegetable

dyes are safe, said Dr. Jacob, but she warned that you should approach the issue with cynicism.

"Unless the artist can tell you exactly what's in the tattoo, don't get one," she said.

Health in brief

WEIGHT LOSS Eating two eggs for breakfast as part of a reduced-calorie diet can help overweight adults lose more weight than those who eat a bagel containing an equal number of calories, a new study shows. **THE CANADIAN PRESS**

ATHLETE CONCUSSION Your brain needs more of a time-out than just missing the next game to recover from a concussion. New research suggests student athletes who are too active may hinder their recovery. **THE ASSOCIATED PRESS**

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HineSight

Anne Hines



Working from home — the ultimate dream. Well, not working at all — that would be better. And, not being at home would be good. So... Lying on a beach tended by cabana boy, Brad Pitt, wearing a leopard skin thong — the ul-

timate dream.

But for those who haven't achieved that yet, working from home comes in a close second place.

Being a Metro columnist means spending many work days at home, writing. I'm just like Carrie in *Sex and the City* except without the great clothes, men, cocktails and doing anything that involves staying out past 9 p.m.

There are downsides to working alone. When everyone else is whooping it up at holiday office parties, you'll be wondering if you should take your laptop out for a festive lunch at Mandarin. And, complaining about the boss isn't nearly as much fun as it used to be.

The upside is setting your own schedule. Mine goes like this:

9 a.m.: At desk, ready to work. Had great column idea last night: "Top Ten reasons to stay friends with your spouse. #1. Do it for your children — sooner or later

I'm just like Carrie in *Sex and the City* except without the great clothes, men (and) cocktails.

you're bound to want him to take them off your hands."

This column will write itself. Turn on computer. Surprised to find it hasn't. Hunger down to work.

9:05 a.m.: Check Internet for vital, breaking news. Whoopy Goldberg has slept with 50 different men. Doesn't say if it was all at once. Might write about that instead.

9:13 a.m.: Scan weather site in case of monsoon warning. Today's "dewpoint" is 18C. Should maybe write about "dewpoints." Decide not to on the basis that I have no idea what it is.

9:35 a.m.: Mother calls. Very annoying. Explain patiently that just because I



Working at home inevitably inspires some procrastinating, but one of the upsides is the great commute.

work at home doesn't mean I'm just sitting around staring out the window.

9:40 a.m.: Sit and stare out window.

9:45 a.m.: So bored am ready to gnaw own arm off. Telemarketer calls. He finally hangs up, claiming he has things to do. Sit pondering alternatives to working. "Living in a cardboard box under a railway pass" comes to

mind.

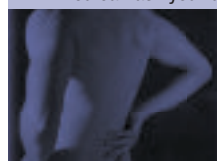
In the end, sure the commute is great, but so are things like co-workers and someone else making the coffee now and then. So maybe, when it comes to working, "there's no place like the office."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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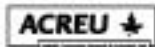


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CELIA MILNE
for Metro Canada

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Wednesday at 9:30 a.m.:
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More than a quarter of babies in Canada are now born by C-section. This rate is higher than ever before, and rising, warn members of the Society of Obstetricians and Gynecologists of Canada.

Part of the reason for this trend may be women and their doctors wanting birth to be scheduled and convenient. Many of the caesarean sections are unnecessary, and carry excess risk for women and their babies, as well as placing an extra burden on an already-overwhelmed system.

"We fear that there may be an emerging trend towards more scheduled



More than a quarter of babies in Canada are now born by C-section.

childbirth and routine intervention," Dr. Guylaine Lefebvre, president of the SOGC, said in a statement. "We need to be sure that C-sections are not driven

by convenience, that interventions are medically indicated, and that the safety of a woman and her baby are the driving factors in these decisions."

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Lost stars negotiating with ABC

Lost producer ABC Studios quietly started paycheck renegotiations with the drama's stars, Matthew Fox and Evangeline Lilly, who each earn about \$150,000 US per episode.

TVGUIDE.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

A-Rod shells out

Yankees slugger Alex Rodriguez has donated \$500,000 US to Madonna's Raising Malawi charity, the group set up by the pop star to support orphans in Malawi. **E! NEWS ONLINE**



The hills are alive again

90210 spinoff expected to be edgier and less preachy than original

"Gutter balls only, please!" someone yells during a rehearsal at the Lucky Strike bowling alley for the CW's new series 90210. So co-stars Jessica Stroup and Shenae Grimes downplay their bowling skills.

The spin-off on the fabled '90s teen drama premieres Sept. 2. If the show mimics the hot bodies, hip fashion and angst-ridden affluence of Beverly Hills, 90210, it will also play edgier and less preachy, says co-executive producer Gabe Sachs.

"Look, we're not stupid," Sachs says. "We know people are probably expecting a cheese fest and that's just not what we do."

Sachs and partner Jeff Judah cut their teeth as producers on the quirky yet short-lived teen series Freaky and Geeks and Life as We Know It.

CW tapped the duo to produce its rich-kids reprise after Rob Thomas, creator of moody teen drama Veronica Mars, dropped the project.

"The truth is, Jeff and I write how we write," Sachs says. "Everything's got to come out of real emotion. We want to deal with issues and show consequences, but not the issue of the week and pound you over the head."



Shenae Grimes stars as one of two siblings relocated to Beverly Hills from Kansas in the CW's upcoming 90210 spinoff.

"But I can never ever knock the original 90210," Sachs says of the series that ran from 1990-2000, trading on youth issues from addiction to pregnancy and amping the fortunes of the fledgling Fox network.

The original hooked a generation of viewers on trendy teen melodrama honed by creator Darren Star and executive producer Aaron Spelling.

"They were able to develop such a loyal fan base," Sachs says. "Jeff and I can only wish for that."

Heading into its third year, CW is aiming 90210 straight at its advertiser-coveted target audience, cool-conscious female viewers from 18 to 34 who buzz about CW's Gossip Girl.

Like the original, 90210 is a fish-out-of-water tale about a Midwestern family

"We want to deal with issues and show consequences, but not the issue of the week and pound you over the head."

Gabe Sachs, co-executive producer

transplanted to Los Angeles, the land of freeway jams and perpetual tans.

Although the original series' core family, the Walshes, were from Minnesota, the Wilson clan hails — with shades of Wizard of Ozian irony — from Kansas. Like siblings Brenda and Brandon Walsh (Shannen Doherty and Jason Priestley), Annie Wilson (Grimes) and adopted brother Dixon (Tristan Wilds of The Wire) are gorgeous, yet more grounded than their classmates at West Beverly Hills High School.

Among Annie and Dixon's new best friends are bad little rich girl Naomi (AnnaLynne McCord of Nip/Tuck) and top jock Ethan (Dustin Milligan). There's Silver, a Gossip Girl type (Stroup), who produces her own tell-all video series on YouTube,

and dirt-dishing, high-school newscaster Navid Shirazi (Michael Steger).

The Wilson parents (Rob Estes and Lori Loughlin) seem hip and handsome in ways the Walsh parents (Carol Potter and James Eckhouse) were not.

"This has the glitz of an Aaron (Spelling) show, but at the same time Gabe and Jeff have taken it and given it a sense of humour — they really flip it on its ear sometimes," says Estes, who starred on Spelling's Melrose Place from 1993-1999.

"And they're also like 12-year-olds, you know?" Estes says. "They completely understand the electronic world, like texting."

To help spin the spin-off, and snag young viewers hooked on original series encores on SoapNet and YouTube, Doherty and original cast members Jennie Garth and Tori Spelling will reprise their roles as special guest stars on 90210. Joe E. Tata will return as Peach Pit cafe owner Nat. **THE ASSOCIATED PRESS**

Presley upset over 'simplified' article

PEOPLE Lisa-Marie Presley has distanced herself from an upcoming Marie Claire exclusive, accusing magazine bosses of simplifying a heartfelt interview she gave the publication, femalefirst.co.uk reports.



Presley

"I gave a three-hour heartfelt interview and what became of it was quotes that were usually about something else entirely ... simplified and taken way out of context and sprinkled randomly and erroneously throughout the two pages," Presley said.

Panettiere's pop arrested in row

PEOPLE Hayden Panettiere's father, Alan, was arrested early yesterday morning at the family's West Hollywood home for felony domestic violence, sheriffs confirmed to People.

"There was a domestic argument between the mother and father," Sgt. Scott Wolf of the West Hollywood sheriffs said. Alan Panettiere is currently in custody, pending \$50,000 US bail. **METRO NEWS SERVICES**

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Roxy Music front man Bryan Ferry is to be named a BMI Icon in London on Oct. 7. The Icon honour is given to BMI songwriters who have had "a unique and indelible influence on generations of music makers." **BBC NEWS ONLINE**

Canada joins South Asian fest

MOVIES The ninth annual FILMI South Asian Film Festival opens tomorrow and runs to Aug. 17 at the Bloor Cinema and Royal Theatre.

Three Canadian premieres are among the scheduled films: When Kiran Met Karen is Manan Singh Katohara's contro-

versial film that pushes borders and presents a taboo romance within Indian culture.

Kissing Cousins is Aryn Kaderali's Hollywood debut feature film about a heartbreaker (Samrat Chakrabarti) who teams up with an attractive cousin from the United

Kingdom to fool his friends into believing he's capable of a relationship.

The closing night film is the Canadian premiere of the DVD exclusive The Scorpion King 2: Rise of a Warrior, prior to its Aug. 19 release by Universal Studios Home Entertainment. From the producers of The

see it

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Mummy series, this is the story of the young Mathayus, and the events that led to his becoming the Scorpion King.

METRO NEWS SERVICES



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Amy Brenneman stars in the series Private Practice.

Role carries familiarity

Brenneman reflects on therapy

BY PONTUS HAMMARLUND
Metro World News

Fans may always associate actress Amy Brenneman with her role as a judge in the TV series Judging Amy, but these days she is practising psychology in Private Practice — and she has a lot of experience to draw from.

"Yes, I'm in therapy right now," Brenneman says. "After one year of marriage we went for counselling. That was after having been a couple for three years and married for one. But it wasn't really until then that we became man and wife for real."

The man is director Brad Silberling, and he and Brenneman have been married for 14 years and have two children. Their relationship is solid, but Brenneman remembers the marriage counseling like it was yesterday.

"It was a scary moment," says Brenneman, who plays Dr. Violet Turner in

Private Practice.

"I didn't think that our marriage would end but I remember being scared about actually divulging things," Brenneman adds. "My husband and I are still talking about it. We were just two people who were trying to figure things out. There was so much tenderness during the process."

These days, Brenneman is a lot more open and laid back, and is happy to discuss most things, like Botox.

"I tried (Botox) because I'm 43 years old and have wrinkles," she admits. "And I don't like wrinkles. But I had a mad dermatologist that was like a pusher — 'do you want more?' It was bizarre, I couldn't move my face and I'm actually paid for being able to express complex emotions with my face. If I had been a model it would have been a different thing. So it was nothing for me. I dye my hair and wax my legs, that's enough."

Cronenberg, Podeswa lead director prize nods

AWARDS It's a battle between David Cronenberg's Russian gangster movie Eastern Promises and Jeremy Podeswa's Holocaust survival story Fugitive Pieces in this year's Directors Guild of Canada Awards.

are pitted against each other in five categories including best feature film, best director, best production design, best picture editing and best sound editing.

at the helm

• Comedian Shaun Majumder will host the awards gala Nov. 8 in Toronto.

For a full list of the awards nominees, go to dgc.ca.

The two acclaimed films

THE CANADIAN PRESS

Quick choice

Actress Penelope Cruz, right, reportedly landed her role in the romantic comedy Vicky Cristina Barcelona after meeting with director Woody Allen for just 40 seconds. **IMDB.COM**



DVD picks

Smart People

Director: **Noam Murro**
Stars: **Ellen Page, Dennis Quaid**
Rating: **14A**



HOW UNFORTUNATE for Ellen Page that the terminally dull Smart People follows so soon after her breakthrough success with Juno. Her obnoxious Young Republican Vanessa seems like a nastier version of Juno MacGuff, minus the teen pregnancy. To those unfamiliar with her many varied roles in Canadian films she could seem a one-trick pony.

Directed by first-timer Noam Murro and set to the insipid guitar stylings of ex-Extreme guitarist Nuno Bettencourt, the movie is set in dreary Pittsburgh in winter.

Dennis Quaid is Lawrence Wetherhold, an

English professor at Carnegie Mellon University and the widowed father of two unhappy kids: Vanessa, 17, and her older brother James (Ash-ton Holmes).

A chain of contrivances leads to Lawrence meeting hospital nurse Janet (Sarah Jessica Parker), who punches the clock in the thankless role of love interest.

The film's sole spark is provided by Thomas Haden Church, who grabs a few smiles as Lawrence's freeloading brother. Church also gets a few grabbers in amongst the nine deleted scenes, which are good enough to suggest that better editing would have improved the film. Lawrence would still be insufferable, though.

There's also a commentary shared by Murro and Poirier, and here's something truly odd: a blooper reel for a downbeat film.

Page gets in a zinger when Church muffs a line: "You got nominated for an Oscar?" Too bad the rest of Smart People isn't this sharp.

WarGames: 25th Anniversary Edition

Director: **John Badham**
Stars: **Matthew Broderick, Ally Sheedy**
Rating: **PG**



BARELY A WEEK goes by when we don't hear of a hacker breaking into a "foolproof" computer system. It always brings to mind WarGames, the 1983 techno-thriller that seemed fanciful 25 years ago, but which today stands as prophecy.

The filmed stars a young Matthew Broderick and Ally Sheedy as teenagers who tap into NORAD's computer, inadvertently starting a World War III countdown.

WarGames was made before the Internet was a media slut, and before everybody and their dog

had a blog. There was no World Wide Web in 1983, and Soviet Union was still intact, as was the Cold War.

Broderick and Sheedy hack into NORAD's nuclear missile silos using a primitive, text-only computer, with a modem that requires acoustic cups.

Yet the alarm they cause, and the potential for global war, is entirely plausible in our paranoid world. WarGames was

among the first of the Internet movies (although the Internet is never mentioned) and it was arguably the best, putting character development and story ahead of technology — something today's techno-thrillers could learn from.

The special features on this 25th anniversary DVD are well worth watching, not least for their value as Internet pre-history.

TORSTAR NEWS SERVICE

Holmes cuts it off this summer

HAIR APPARENT Katie Holmes just keeps taking it off. Mrs. Tom Cruise, who made a huge hairstyle splash when she helped fuel Hollywood's bob craze late last year, has been seen out and about in New York with a new pixie cut. Photos popping up on the Internet show Holmes sporting a shaggier version of the short 'do, with long bangs and a tapered neck.

THE ASSOCIATED PRESS

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a chance to watch a special screening of **THE LONGSHOTS** at the **CN TOWER!** AND 2 TICKETS TO THE **ARGOS GAME** AGAINST **MONTREAL** on Friday August 15th.

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WARRIORS' DAY PARADE

Saturday Aug 16 | 10:30 AM

Parade begins at Princes' Gates & ends in BMO Field
This is the longest running veterans' parade in the free world.

This year's theme: **Saluting our Veterans, Supporting our Troops!**



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CANADIAN FORCES MUSICAL SALUTE

Saturday Aug 16 | 7 PM BMO Field

This sunset spectacular features **The Central Band of the Canadian Forces, The Air Command Pipes and Drums, the Combined Bands of the Toronto Garrison, the Naval Reserve and Juno Award-winning Julian Austin.** Plus the 1812 Overture featuring real cannons & pyro!

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*Gate Prices: General Admission = \$14; Children (13 yrs. & under) and Seniors (60 yrs. plus) = \$10; Babies in Arms (2 yrs. & under) = Free; On-site unlimited ride Midway Pass = \$31 plus admission. Retail Partner Prices (all ages): Fun Pass = \$10; Magic Pass = \$31. Prices are PST exempt and include 5% GST (GST #133396076). **Valid at midway rides only. All programming subject to change.



Actor Paul Rudd has dismissed speculation he is to star in a remake of Ghostbusters, insisting it's just a rumour. Rudd was reported to have signed up for a new version of the 1984 sci-fi comedy along with Seth Rogen and Steve Carell. **IMDb.com**

Rudd busts Ghostbusters talk

theatre

CIRQUE DU SOLEIL The show returns to the city with their show Saltimbanco, which premiered in Montreal back in 1992. Currently on an arena tour, the show explores the urban experience with an "allegorical and acrobatic journey into the heart of the city." The limited engagement runs Wed. to Aug. 24 at the Air Canada Centre before heading to Hamilton's Coppers Coliseum (\$40-\$90 at 416-870-8000). 40 Bay St.

THE FLOWER CITY THEATRE FESTIVAL Presents Flowers by Deborah Porter Taylor, to Aug. 24 (\$25 at 905-874-2800). Rose Theatre, 1 Theatre Lane, Brampton.

HOUSE/WAITING FOR GODOT Remain in Light theatre company's new interpretations of these works by Daniel Maclvor and Samuel Beckett, respectively. House runs every Mon.-Wed. from Aug. 11 to Sept. 3; Godot runs every Thurs.-Sat. from Aug. 14 to Sept. 6 (\$25 each at 1-888-222-6608). Paper Mill Theatre, 67 Pot-

tery Rd.

ROMEO + JULIET The play by William Shakespeare gets the outdoor treatment from Driftwood Theatre with performances today to Aug. 15 (PWYC, \$15 sugg.). Withrow Park, south of Danforth Ave. between Logan & Carlaw Aves. 905-576-2396 or driftwoodtheatre.com

SUMMERWORKS THEATRE FESTIVAL The city's indie theatre and arts festival, returns for its 18th edition, this year featuring more than 40 juried plays plus offsite perform-

ances, concerts, youth activities and other events. Runs to Aug. 17 at several venues near the Queen West strip from Spadina Ave. to Dufferin St. (\$10-\$12 per show, passes available). 1-888-222-6608 or totix.ca. Full info/schedule at summerworks.ca.

galleries

CONVENIENCE (58 Lansdowne Ave.): Garth Norbraten's installation "Back to School" is on display to Aug. 29.

DELEON WHITE GALLERY

(1139 College St. 416-597-9466): "LOCATIONS/miniature" from Jen Hutton and Mark MacKinnon is on display to Sept. 20.

GALLERY 533 (533 Richmond St. W. 416-955-0004): Works by Andrea Bolley and other artists plus Japanese prints from 1800s to 1920s are on display to Sept. 2.

HANG MAN GALLERY (756 Queen St. E. 416-465-0302): Members' group summer exhibit "Grass, Sand, Water" is on display to Aug. 31.

LOOP GALLERY (1174 Queen St. W. 416-516-

2581): Matthew Budden's "The Babies of 2008" and "Investiges" by Matthew Janisse are on display from Wed. to Aug. 24 (reception Aug. 16 at 2 p.m.).

PEAK GALLERY (23 Morrow Ave. 416-537-8108): Gareth Lichty's exhibit "Thrum" continues to Oct. 4.

STEPHEN BULGER GALLERY (1026 Queen St. W. 416-504-0575): Bob Willoughby's "Vintage Hollywood" exhibit with prints from classic films and famous cinema icons is on display to Sept. 20.

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Marty takes on TV

Moviemaker Martin Scorsese, right, is set to take his directing talents to the small screen in an upcoming U.S. television pilot. The Oscar-winner is reportedly in negotiations to direct forthcoming HBO show Boardwalk Empire.

IMDB.COM

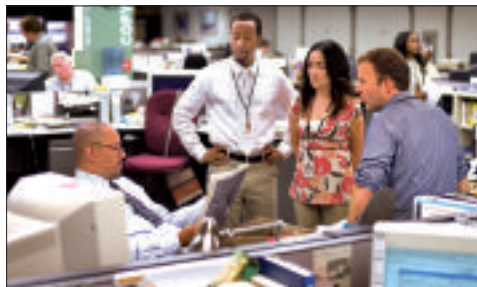


Simon gets angry in Wire's final season

DOWN TO THE WIRE: The fifth and last season of HBO's *The Wire* comes out on DVD today, a 10 episode box set that puts a full stop to the show that one critic has called "the best TV show ever broadcast in America," and one that seemed to live in the shadow of HBO peers such as *The Sopranos* and *Deadwood*, garnering just a single Emmy nomination over five years despite copious critical raves.

I had to do a lot of homework to jump right into the show's fifth season after missing the previous four, reading episode synopses and character descriptions and a half dozen articles online to jump into the final chapter of a story that creator David Simon intended to be novelistic in the strictest sense — an episodic drama with a huge cast representing almost every facet of life in the crime and corruption-ridden city of Baltimore.

What made it easy was that Simon, a former Baltimore Sun crime reporter with an open and



Canadian actor Clark Johnson, left, played city editor Gus Haynes in the final season of *The Wire*.

implacable resentment against his former employer and the business of newspapers in general, set much of his show's final season in the newsroom of the Sun, introducing a whole new set of characters to illustrate the place of the media in the city's polluted social ecosystem.

Each of the four previous seasons had concentrated on some other aspect of the city — the cor-

ners where the gangs dealt drugs, the docks where the drugs enter the city, City Hall and the schools, where potential new salesmen and soldiers for the corners are created — but the newsroom was the world that Simon knew best, and he had clearly saved it for the series' summing up.

Simon has to be congratulated for putting the most realistic newsroom I've ever seen onscreen;

far from the nest of amiable eccentrics or the self-important hive of activity shown in films from *His Girl Friday* to *All The President's Men*, his Sun newsroom is a hushed cubicle farm, demoralized from a series of staff cuts that have had the unfortunate effect of increasing the politicking endemic to newsrooms to an almost desperate pitch.

Earlier this year, The Atlantic ran a long article on Simon calling him "The Angriest Man In Television," and it's a mark of his anger that he manages to paint the Sun's executive and managing editors — based on his onetime bosses — and a callow, ambitious young reporter that they patronize despite his obvious fabrications with as much or more venom than he uses to depict drug bosses, gangland psychotics or corrupt politicians.

It's a bleak world Simon creates — so bleak that the otherwise laudatory Atlantic piece suggests that "it suggests that his political passions ultimately trump his commit-

ment to accuracy or even-handedness." There's more than a hint of vendetta to Simon's generous contempt, and it occasionally makes it feel like he's colouring outside the lines with characters and situations, exaggerating to make a point, in a manner that's an eerie echo of his fabricating young reporter.

With this in mind, it's hard to fault the Emmys for their reticence in celebrating Simon's show, despite its many virtues and an almost unprecedented host of fine performances.

Rick McGinnis writes about music, movies, books and television, but not opera.

Hayek not anti-marriage

IN PRODUCTION A cancelled wedding hasn't put Salma Hayek off the institution of marriage —



Hayek

the newly single actress is creating a reality show about tying the knot, imdb.com reports. Hayek last month called off her engagement to Francois-Henri Pinault, the father of her daughter Valentina. But she is pressing ahead with a new show themed around weddings. Hayek's producing credits include *Ugly Betty* and TV movie *In the Time of the Butterflies*.

METRO NEWS SERVICES

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/12/08	265	353	2	TVO	The Great Warming	The View From Here	Losing It	A World Without Water	View From Hr			
	211	331	3	GTV	ET Canada	Entertainment	Wipeout	In Plain Sight (N)	News (N)			
	215	343	4	OMNI	Two/Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	(6) XXIX Summer Olympics (HDTV)	From Beijing, Swimming, finals; gymnastics, women's team final; baseball: Canada vs. China. (Live)						
	214	344	7	CITY	Friends	Hollywood	Hell's Kitchen	Reaper "Greg, Schmeg"	Reaper "Unseen"	News (N)		
	212	313	8	ETV	TMZ (N)	Jeopardy!	Canadian Idol	Without a Trace	Law & Order: SVU	News (N)		
	218	345	11	ET	The Insider (N)	E! News	Real Housewives	Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
	137	763	13	TFO	Panorama	Les Éclairés	Tourments de l'histoire	French cancan *** (1955, Film musical)	Jean Gabin	Geographic	Cold Case	
	-	-	14	-	Law & Order: SVU	News (N)	News (N)	King	King	Grill Rm.		
	213	326	15	SUN	Scrubs	George Lopez	Twists of Terror ** (1996, Suspense)	Jennifer Rubin	To Serve and Protect	News (N)		
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Stakeout" (HDTV)	Big Brother 10	Without a Trace (HDTV)	News (N)		
	-	385	17	NBC	Entertainment	Olympic Zone	XXIX Summer Olympics (HDTV) (Live)					
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Wipeout	Wanna Be? (N)	Primetime: Medical Mysteries	News		
	219	346	20	ACH-B	Wheel-Fortune	Degrassi: Next	Supernanny	Sarah Connor Chronicles	Without a Trace (HDTV)	News (N)		
	-	-	28	FOX	Judge Judy	Two/Half Men	House "Alone"	Sarah Connor Chronicles	Seinfeld	Two/Half Men	The Simpsons	
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (DVS)	Chimps Are People Too	Wide Angle (N)	Business Rpt.		
	297	652	330	WPX	Two/Half Men	Family Guy	Beauty and the Geek	Reaper "Greg, Schmeg"	CW11 News at Ten	Two/Half Men		
	296	654	331	SLK	Wheel-Fortune	Jeopardy!	Dr. Phil	News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TBA	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
	502	390	26	NW	CBC News	Beijing Today	Assignment: Beijing	CBC News: The National	Larry King Live	CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight	On the Money	CNN Election Center	Asia Squawk Box	The Big Idea With Deutsch	Mad Money		
	509	504	79	CNB	Asia Squawk Box	MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.		Sportsnet Connected (Live)	Sportsnet Con.			
	405	417	22	net	MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.							
	400	400	30	TSN	XXIX Summer Olympics (HDTV)	From Beijing, Beach volleyball, men's; basketball, men's; boxing. (Live)						
	411	457	58	OLN	Exploration	Videos	Survivor	Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
	417	406	81	C	Pinks	Pass Time (N)	Unique Whips	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
	551	542	25	YTV	Malcolm-Mid.	Prank Patrol	Goosebumps	Goosebumps	Prank Patrol	Mystery Hnt.	Falcon Beach	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Tom & Jerry	6teen	Total Drama	Futurama	Tank Girl * (1995, Science Fiction)	Ice-T	
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han, Montana	Life Derek	Ned's School	Cory in House
	602	567	27	W	Will & Grace	Friends	Mixed Out	Style by Jury	Kim	How to Look Good Naked	Mixed Out	Zack & Cody
	570	580	29	MM	The American Mall (2008, Musical Comedy)	Nina Dobrev	The Cleaner "Rag Dolls"	Instant Star	Instant Star	Instant Star	Instant Star	Gone Wild
	515	520	31	A&E	The First 48 (HDTV)	The First 48 (HDTV)						The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Ferragosto OK (Parte 1 de 2)					Raymond
	571	581	36	MMT	mmmtop	Uncovered	Listed	Madonna: The Wild Angel	Hogan Knows	Hogan Knows		Listed
	575	583	38	CMT	Canada Countdown	Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	616	521	39	SHO	ReGenesis (HDTV)	Blue Murder	Trailer Park	Trailer Park	Kenny-Speny	CSI: NY (HDTV)		House
	620	523	40	BVO	Bazart	Bravo/Videos	A Little Bit of Elvis	Rockability 514		Live at the Rehearsal Hall		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	Newlywed	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed
	562	562	43	HIS	NCIS "Family Secret"	NCIS "Family Secret"	Cities of the Underworld	Cities of the Underworld		NCIS "Family Secret"		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Jon Dore Show
	600	564	46	HKG	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Holmes-Homes
	594	529	47	TBS	MLB Baseball Chicago Cubs at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Family Guy	Family Guy
	576	582	49	BET	Hell Date	Soul Plane ** (2004, Comedy)	Kevin Hart, Tom Arnold.	Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
	627	528	50	SPC	Stargate SG-1	Star Trek: Voyager		From G's to Gents		From G's to Gents (N)	MTV Live	
	581	566	52	MTV	Next	Cribs	Canada's Next Top Model	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	HEAT-McEwan	HEAT-McEwan	Top Chef	Restaurant
	603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover					
	261	394	60	V	Murder, She Wrote	Eyes Down	On the Buses	Quantum Leap		Joz-H (DVS)		China's Leap
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	Look-A-Like	Look-A-Like	The Ellen DeGeneres Show		Madonna
	553	546	65	TRE	Ni Hao, Kai-lan	Night Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie
	115	711	101	TVA	Les Anges de la rénovation	Kmh (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Succr-salé	Complot-vie
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)	Le Téléjournal	Chine	Le Téléjournal	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing	True Murder	True Murder	Psychic Detect	Ext. Evidence	Traders		The West Wing
	300	601	301	MI	(6:45) Becoming Jane ** (2007, Biography)			The Heartbreak Kid ** (2007, Comedy)	Ben Stiller.			Ganja Queen
	305	612	306	PIX	(7:15) Blind Terror ** (1999, Suspense), Maxim Roy			Wayne's World ** (1992, Comedy)				(10:45) Wayne's World 2

critics'corner

South Park

Remember seeing those pictures of smokers' lungs in health class? Or maybe your school didn't get into that much detail and just held an anti-smoking assembly, like in this episode, "Butt Out." After the presentation, the boys decide to give smoking a try. They're caught and become the focal point of director Rob Reiner's anti-tobacco campaign. 9:30 PM on COM



NCIS

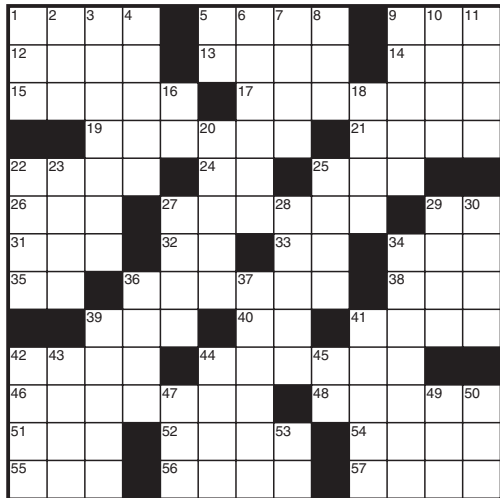
Larceny? Boring. Anyone got a murder? Gibbs (Mark Harmon) and the team are on the case when a high-tech piece of radar equipment disappears. While staking out a warehouse in hopes of catching the thief, they witness a homicide. OK, so much for boring. Ducky (David McCallum) has a secret he's keeping from his colleagues in "Stakeout." 8 PM on CBS



Kate Moss may be planning to marry her boyfriend Jamie Hince in December. The supermodel reportedly told friends the pair will tie the knot in Ireland after postponing plans to marry this summer. FEMALEFIRST.CO.UK

Tying the knot

Take Five



Crossword down

1 However
2 — you sure?
3 Eagles and hawks
4 Post-sneeze word
5 UK
6 Force through
7 Lean against
8 Remote
9 Short and thick
10 Ache
11 Whisper loudly
16 Brief query
18 Stingy
20 Homer opus
22 Course finale
23 Extra dry
25 Splinter group

27 Faint trace
28 Beatrice's admirer
29 Costa —
30 Seaweed derivative
34 Ornate fabric
36 Modicum
37 Man on a date
39 To the third power
41 Poker pair
42 — noire
43 Comet, to an ancient
44 Water, to Pedro
45 Tao — Ching"
47 Sinbad's transport
49 Cable channel
50 Smidgen
53 True

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Crossword across

1 Zinger
5 The "— Spee"
9 Librarian's warning
12 River in Russia
13 Rum-soaked cake
14 On the — vive
15 Portable home
17 Undertones
19 Casual top (hyph.)
21 Grabs a bite
22 Southwestern art center
24 Behold!

25 Practiced Zen
26 Screw things up
27 Secret
29 Nile sun god
31 Family nickname
32 Midwest st.
33 New car option
34 Kindhearted
35 Gridiron stat
36 Hit the Tab key
38 NEC competitor
39 Camp bed

40 Map abbr.
41 Go hang-gliding
42 Spell
44 Acid in vinegar
46 Blockade
48 Precise
51 Golf ball stand
52 What we have
54 Millay or Ferber
55 Call it quits
56 "Julius Caesar" role
57 Cellphone button

previous day's answer



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WORDY GURDY



HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME
IN MINUTES:

previous day's answer

7	4	3	5	9	6	1	2	8
5	9	6	1	2	8	4	7	3
8	2	1	7	4	3	6	9	5
4	7	2	9	5	1	8	3	6
3	6	5	4	8	2	7	1	9
9	1	8	6	3	7	5	4	2
6	3	4	2	1	5	9	8	7
2	5	9	8	7	4	3	6	1
1	8	7	3	6	9	2	5	4

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A relative's absurdity reaches new heights. People in charge will raise roadblocks. Someone has played hard and lost the game.

TAURUS

APRIL 21-MAY 21

A scoundrel tries to cheat a current playmate. Someone makes an unscheduled departure. Rely on yourself to fulfill your own needs.

GEMINI

MAY 22-JUNE 21

Illness will cancel certain plans. An absurd talk will please you. Don't push too hard for a complete disclosure.

CANCER

JUNE 22-JULY 22

Bizarre behaviour gets stale fast. Contact someone to collect a family photo. A compulsive talker tells you about a delay.

LEO

JULY 23-AUG 23

A flirtation is a win-win situation. Precious moments will lighten your mood. A bewitching person changes your plans.

VIRGO

AUG 24-SEPT 22

Someone will try to deceive you. Be realistic about your expectations. A confession will change your attitude.

LIBRA

SEPT 23-OCT 23

Do the right thing, in spite of your issues. A headache results from being too serious. Find an easier way to become well-known.

SCORPIO

OCT 24-NOV 22

Don't rush into a difficult situation. Be calm when dealing with an agitated person. If you sidestep a problem, it will just go away.

SAGITTARIUS

NOV 23-DEC 21

Control the tendency to be outspoken. Tact is needed to deal with an erratic woman. Profit is made from an unusual venture.

CAPRICORN

DEC 22-JAN 20

Someone will ask you to escape more often. Make amends for a wrongful act. Ditch a parasitical friend.

AQUARIUS

JAN 21-FEB 18

Start pampering yourself. Mischief-making leaves someone else holding the bag. You'll get a lucky break and enjoy abundance.

PISCES

FEB 19-MAR 20

A job-related issue needs fine-tuning. Passion takes a back seat to practicality. Kindness allows you to escape from misery.

Sudoku

9	3					5	4
		7	9			2	
4			2		5		
6			7			1	4
			1				
	2	5		3			6
			8		6		2
		8			1	6	
5	7					1	8

17-21: Smart
21-25: Not bad
25+ Keep practising
[more games metronews.ca](http://moregames.metronews.ca)

Toronto weather

Afternoon



Thunder-
showers.
23°

Tonight



Partly clear.
14°

Wednesday



Showers.
23°/14°

Thursday



Variable.
25°/16°

Friday



Partly
cloudy.
26°/17°



Temperature
Normals
High: 26.2°
Low: 13.8°

Records
High: 35°/1947
Low: 7.8°/1971

Sunrise: 6:20 a.m.
Sunset: 8:25 p.m.
Moonset: 1:40 a.m.
Moonrise: 6:11 p.m.

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Train, not vain

The X-Files star Gillian Anderson prefers to get around on London's subway system, because, according to her, she doesn't attract unwanted attention. IMDB.COM



Celebrity Buzz

Eva Longoria: Starter hubby had tough go

RELATIONSHIPS Eva Longoria Parker has admitted she was a bad wife to her first husband Tyler Christopher, imdb.com reports.

The Desperate Housewives star wed the U.S. soap actor in 2002, but their marriage only lasted two years.

And the star

confesses she wasn't the dutiful wife she is to her second husband, basketball star Tony Parker, insisting she was too young for marriage.

"He was a lovely man, but I was very young," she says. "I didn't know who I was, and I was still struggling as an actor."

I was a terrible wife."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Shia a little shy with the ladies

DATING Actor Shia Labeouf is convinced he's unlucky with women, because he's not a typical Hollywood playboy, imdb.com reports.

The Transformers star, 22, admits he's become a hit with the ladies since his sudden rise to fame with roles in a series of box-office smashes this summer, but insists he has yet to perfect his pickup lines.

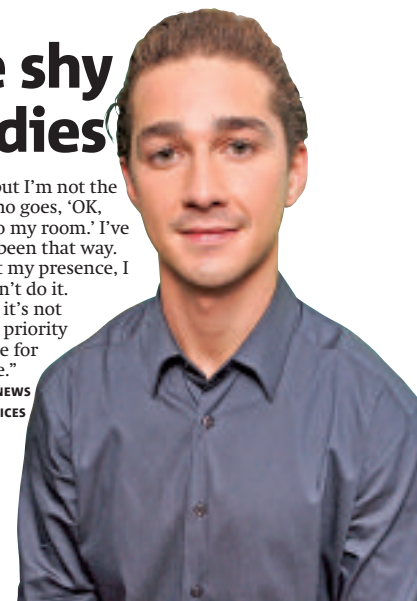
"I'm enjoying myself," he says.

"But I'm not great with women, dude. I'm not a closer. I can chat all night

long, but I'm not the guy who goes, 'OK, back to my room.' I've never been that way. It's not my presence, I just can't do it."

"But it's not been a priority of mine for a while."

METRO NEWS SERVICES



Knightley honest with ma about sex

FAMILY Actress Keira Knightley has revealed she talks frankly about sex with her mother, the Daily Mirror reports. Knightley, 23, described her playwright mother Sharman Macdonald, 57, as a "chilled-out hippy."

"Mum and I would always talk about sex," Knightley said. "She'd come up to my room, have me roll her cigarettes and then tell me I had to have one with her. It's not the typical mother-daughter thing."



METRO NEWS SERVICES

celebrity brief

'Homewrecker' seeking bailout

CAREER Sienna Miller has reportedly begged her married lover to help save her Hollywood career, femalefirst.co.uk reports.

The actress is said to be terrified film bosses will avoid working with her because she has been branded a "homewrecker" since she started dating actor Balthazar Getty.

Miller has reportedly asked Getty to try to convince his estranged wife Rosetta to release a statement confirming their marriage was over before he started dating Miller.

"Sienna is being portrayed as a femme fatale and fears for her career because Hollywood hates a

homewrecker," a source told Britain's News of the World. "She hopes Balthazar can get Rosetta to put out a statement saying their marriage was already over."

METRO NEWS SERVICES



Knight, partner thinking adoption

ADOPTION Grey's Anatomy star TR Knight and his partner are reportedly planning to adopt a child, femalefirst.co.uk reports.

Just six months into their relationship, 35-year-old Knight and 19-year-old student Mark Cornelsen are exploring possibilities and watching closely as friends try to adopt a child.

"One of our friends is in the middle of it right now, and it's been fun to see the whole process," Cornelsen says.

METRO NEWS SERVICES



celebrity briefs

Minnie might dump daddy

FAMILY Pregnant Minnie Driver had admitted she isn't sure if she will stay with her child's father, the Daily Mail reports. The actress – due any day – hasn't revealed the baby's father.

"I don't know if I'll stay with the guy," she told the New York Post. **METRO NEWS SERVICES**



It's solo status for Julia Stiles

RELATIONSHIPS The Bourne Ultimatum star Julia Stiles has split from her artist boyfriend Jonathan Kramer, imdb.com reports. The pair, who dated for more than two years, are citing "irreconcilable differences" for the breakup.

METRO NEWS SERVICES

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